

Što učiniti u slučaju potresa, evo nekih natuknica:

Pripremiti se.

Teške predmete i police na zidovima dodatno učvrstiti.

Plinski bojleri mogu pasti i plinski priključak puknuti.

Zatvarati ventile za plin kada se ne upotrebljava.

Pripremiti važne stvari za brzo napuštanje prostora (komplet za preživljavanje). U automobilu držati bocu vode, svjetiljku, deku, lijekove, hranu, odjeću, sanitарne potrepštine ...

Napraviti vježbu postupanja u slučaju potresa kod kuće, na poslu i u učionici

Dogovoriti mjesto u zgradama za sklanjanje kod potresa.

Ne čekajte, na prvi znak potresa sklonite se na to mjesto

Obnavljati znanje o pružanju prve pomoći.

Tijekom potresa

Ako ste prizemno ili blizu izlaza iz zgrade hitno izaći van. Kada je put duži stepenice se mogu urušiti.

Ostati u zgradama, potražiti zaklon uz noseće zidove, ispod ili uz masivni namještaj, dalje od prozora, staklenih predmeta ...

(nabaviti masivni namještaj veće čvrstoće – stol, krevet)

Ne koristiti dizalo.

Ako ste vani sklonite se što dalje od zgrada, stabala, stupova

Poslije potresa

Isključiti vodu struju i plin ako je moguće

Mogući su električni udari, kratki spojevi, požar

Potražiti pozнате osobe

Organizirati pomoć

Odmaknuti se od zgrada

Slušati vijesti

Obratite pažnju na slijedeće slike s komentarima, postoje dva pristupa zaštiti u vezi sklanjanja u zgradama:

1. Osoba u automobilu bi nastradala. Uz masivni predmet mogući su sigurni prostori.



2. Masivni namještaj je malo zaustavio propadanje ploče. Vjerojatno je bolje je leći uz krevet nego ispod kreveta.



3. zgrade na stupovima mogu biti opasnije ako nisu dobro armirane.



Earthquake Safety Tips

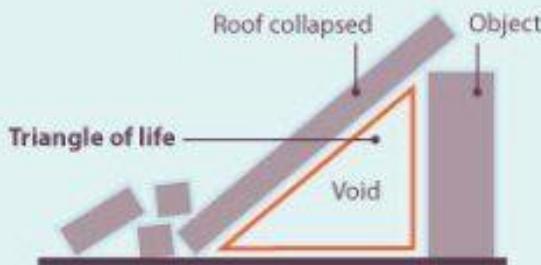
HOW DO YOU SURVIVE AN EARTHQUAKE?

By the controversial "Triangle of Life" theory or the Red Cross approved "Drop and Cover"? You decide!

TRIANGLE OF LIFE VS. DROP AND COVER

Controversial theory by **Doug Copp**, rescue "expert" which teaches that:

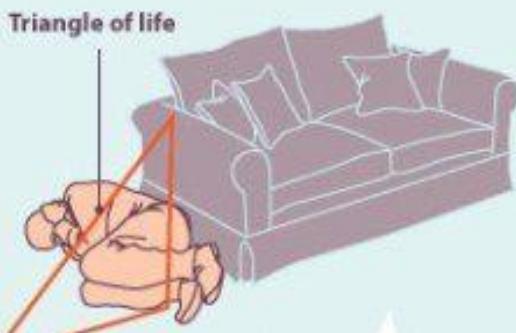
...objects like sofas, beds, desks and other furniture get crushed or become compressed when a building or roof collapses. But next to them is a 'void' (often in a triangular shape) which is a safe place in which to seek cover, ideally in the fetal position.'



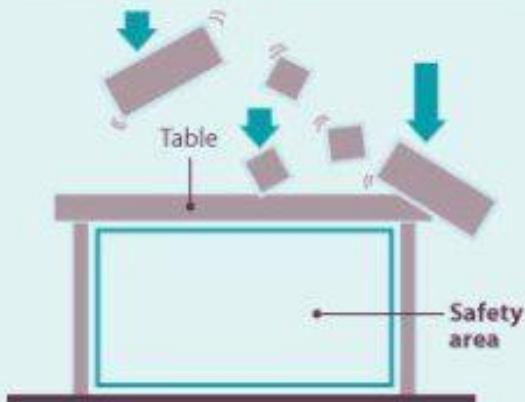
IN A MULTI-STORY BUILDING

Lay down in a fetal position next to a bed, sofa or large bulky object.

Triangle of life

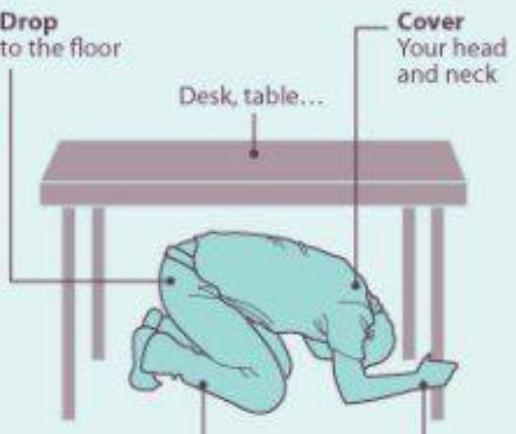


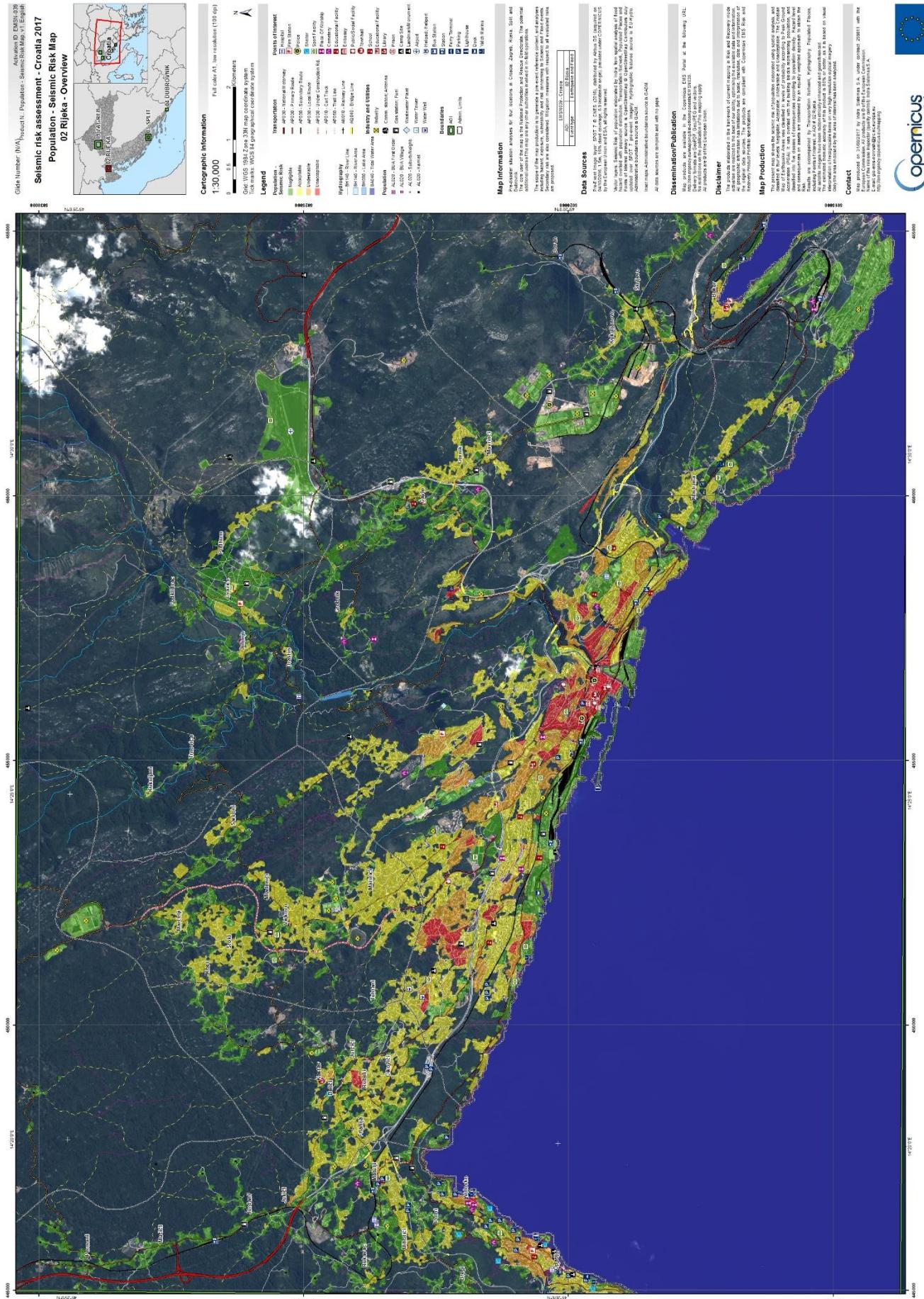
Also called "Drop, Cover and Hold On" or "Duck and Cover" this is considered the safest method of earthquake survival according to most experts, including the Red Cross and FEMA

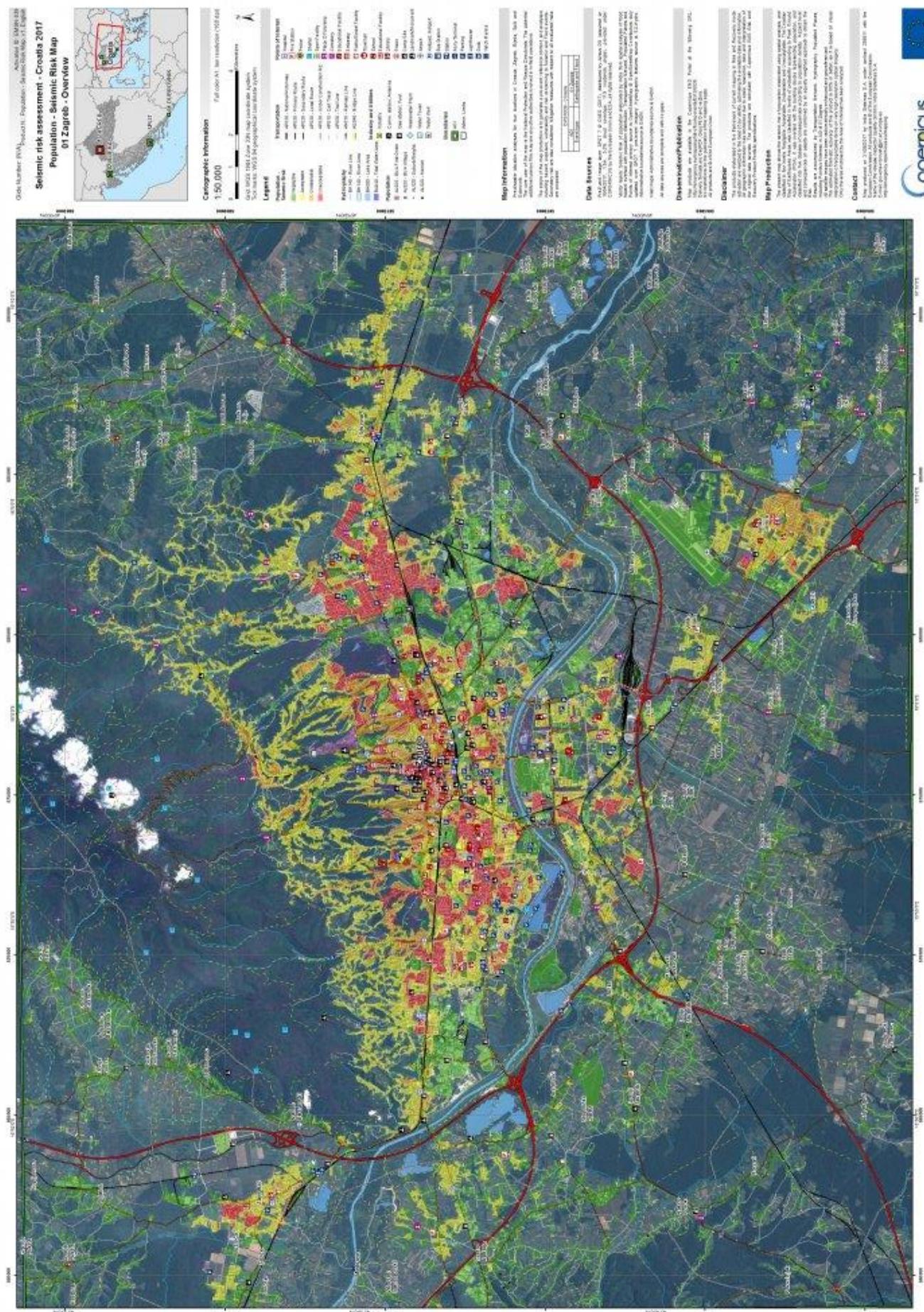


INDOORS

Drop to the floor







An Earthquake-Ready Home

Steps to ensure your home and family are prepared for an earthquake.

Your Home Is Structurally Sound

Homes that are tied together from the roof to the foundation are much more likely to remain standing during an earthquake. This creates a continuous load path that helps hold the house together.

Most newer homes are built with a continuous load path, which is like a chain that ties the house together from the roof to the foundation.

WHAT IS A CONTINUOUS LOAD PATH?

This method of construction uses a system of wood, metal connectors, fasteners, and shearwalls to connect the structural frame of the house together.

Your Home Has Been Retrofitted

If your home was built prior to 1985, it may need to be retrofitted. A seismic retrofit strengthens your home's structural frame, including:

- Your home is bolted to the foundation.
- The cripple wall is reinforced.
- The cripple wall is attached to the first floor.

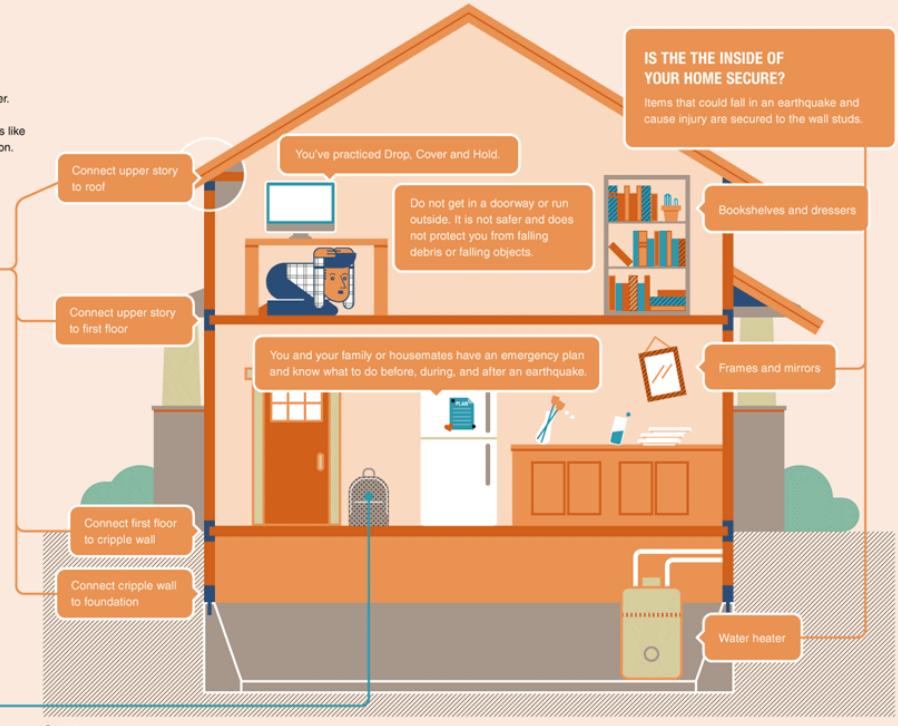
Your Family Is Prepared

You have a disaster supplies kit that includes:

- Food
- Water
- A radio
- Flashlight
- First aid kit



Your emergency kit is stored near the exit and in the room you spend most of your time. Also keep one in the car and one at work.



Sources:
www.earthquakereadyhome.com
www.earthquakecountry.info
www.redcross.org
www.oregon.gov
www.shakeout.org

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