



Earthquake, Floods and Fire Safety



1st High School of Kalampaka
Class B2





Earthquakes

Before an earthquake strikes:

- ❖ Have an antiseismic plan in mind.
- ❖ Have a rucksack with necessary items and equipment to use in case of an earthquake.

During an earthquake:

- ❖ Stay calm.
- ❖ Find a place to protect yourself under a desk or table and cover your head.
- ❖ Stay away from windows, mirrors (glass may shatter), bookcases, and other heavy objects that may fall.
- ❖ If you are in a high building and there is no desk or table to take shelter, lean against the wall. Don't use the elevator.
- ❖ If you are outside, keep away from trees, sign posts, electricity wires and poles.
- ❖ If you drive, pull over and stay in the car till the earthquake stops.
- ❖ If you are at a mall, a department store or in a building with many people around, don't rush to the exit.
- ❖ If you are at the cinema or theatre, stay seated and cover your head with your hands.





After the earthquake is over:

- ❖ Check if you are injured and help others.
- ❖ Check electricity, water and gas supplies.
- ❖ Leave your home and check if it's damaged.
- ❖ Go to an open area and listen to the news for guidelines.





Fire

At home:

- ❖ The first thing to do is to take all the people outside, call the Fire Brigade (199) and then try to put it out if it is possible and your life is not in danger.
- ❖ If a room is on fire, close the door to slow down the fire.
- ❖ In case the frying pan catches fire, don't throw water on it and don't take the pan to another place because the fire may spread. First, turn off the cooker and then, cover the pan with a blanket or a wet cloth to smother the fire.
- ❖ If your clothes catch fire, immediately lie down and roll to stop the fire.
- ❖ If another person is on fire, don't pour water because they may have a heart attack. Cover him with a blanket.
- ❖ If you get trapped in a room full of smoke, cover your nose and mouth with a handkerchief or your T-shirt / shirt / blouse. Then, lie down because smoke rises to the top and near the floor there is fresh air. Try to get to the exit crawling.

In any case, you should have a fire extinguisher at home.





Flood

- ❖ If you are at home, don't go to the basement. Stay in a safe higher place.
- ❖ Don't drive or walk through a stream or a flooded area.
- ❖ If you are in your car, abandon it because it may be swept away or flood.
- ❖ Stay away from electricity cables and electrical equipment.
- ❖ Keep away from rushing waters and move to higher ground.
- ❖ Follow the authorities' guidelines.





Aknowledgements

We would like to thank **the Fire Service, Department of Kalampaka** and, in particular, the officers **Vasileios Papageorgiou, Ioannis Tatsinas** and **Konstantinos Hasiotis** for organizing the seminar on Earthquake, Fire and Flood Safety at our school.

