

IN CASE OF AN EARTHQUAKE

Do not leave the building

Most injuries and deaths result from falling tiles, slates, broken glass and masonry outside buildings.

Move to the centre of the room

Objects may slide off shelves or the shelves themselves collapse. Cupboards may fall over.

Move away from windows

The movement of the building may cause the glass to "explode" into the room.

Hide under a table

This will protect you from falling light fittings and pieces of the ceiling falling down. It will also protect you from tall furniture and light stands falling.

Do not light cigarette lighters or matches

The earthquake may have ruptured gas pipes.

If you are outside

Move away from buildings and from overhead cables. Remember that buildings may collapse after the shaking has stopped. If you are driving stop away from bridges.