

FEMA P-909

Home & Business Earthquake Safety and Mitigation

A "Train the Trainer" Course

July 2013





Overall Purpose

Teach the general public about earthquake mitigation

for homes and businesses.





Overall Agenda

Part 1: Orientation for Trainers

Part 2: Presentation for the Public

Part 3: Hands-On Demonstrations







PART 1 – FOR TRAINERS

Learning Objectives for Trainers

- Plan and organize an effective training session
- Address common questions from homeowners and business owners
- Identify potential earthquake hazards and evaluate potential risks
- Recognize costly consequences of failures
- Recall strategies that can limit future losses
- Teach others how to implement mitigation strategies





Planning a training session







Recruit attendees

- 1. Send an email to a relevant distribution list
- 2. Contact your chamber of commerce
- 3. Partner with a building in ovement, ore

YAV/

- 4. Advertise at school board scetings, invite school administrators
- 5. Reach out to first recoonders
- 6. Contact city emergency manage
- 7. Reach out to local ci







Effective Training Strategies

- 1. Create a **comfortable** environment
- 2. Know your participants
- 3. Concentrate on what's important
- 4. Keep participants engaged
- 5. Get **feedback**





Create a comfortable environment

Participants will be more engaged if the session is **informal, fun**, and **example oriented**

- Make it fun!
- Ask questions and encourage dialogue
- Use clear vocabulary
- Walk around the room, don't be a talking head
- Make yourself available before and after





Know your audience

At the beginning of the session, ask about:

- 1. Expectations
- 2. Skill sets
- 3. Level of knowledge and experience







Concentrate on what's important

- Limit long sidebars or discussions
- Repeat the important points
- Keep a running list of questions you haven't answered and go through this list at the end







Engage the class

Use a variety of *approaches* and *activities*

- Focus on the hands-on demonstrations
- Analyze real situations. Adults tend to think in a problem-oriented way, take advantage of this.
- Use storytelling
- Give everyone a chance to participate







Get feedback

- Hand out cards and ask participants to write down questions during the training. At the end, collect the cards and use them to do a review session.
- Ask participants for a summary of what they learned and compare this to the agenda
- Encourage the group to tell you what they liked and what you could improve







Suggested Handouts

- QuakeSmart Toolkit
- Home Hazard Hunt Poster
- FEMA 530, Earthquake Safety Guide for Homeowners
- FEMA E-74, Reducing the Risks of Nonstructural Earthquake Damage



Keep it simple. Limit the number of handouts you provide but show the group where to find more information.







Agenda







PURPOSE OF THIS TRAINING

CALIFORNIA 1994 M6.7

INDONESIA 2004 M9.1

Wikimedia Commons



CHILE 2010 M8.8

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NEW ZEALAND 2011 M6.3

JAPAN 2010 N99.0

U.S. Navy photo by Mass Communication Specialist 3rd Class Dylan McCord

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SPAIN 2011 M5.1

VIRGINIA 2011 M5.8

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FREQUENTLY ASKED QUESTIONS

FEMA

What is earthquake mitigation?









Mitigation reduces damage and losses











What are structural components?

- Structural Elements:
 - Roof
 - Floors
 - Beams
 - Columns
 - Foundation
 - Braces
 - Concrete or Masonry Walls







What are nonstructural components?









Types of nonstructural components



Architectural Components



Mechanical, Electrical, And Plumbing (MEP) Components



Furniture, Fixtures & Equipment (FF&E), And Contents







Nonstructural Elements = **75%** Total Building Cost









It depends on where you live





What's the risk for me?





Damaged or loss of **PROPERTY**



Loss of **REVENUE** during cleanup







Minor damage to the building

The chimney damage does not affect the structural soundness of the home, but it will be expensive to fix







Minor damage to property in the building



Degenkolb Engineers




Loss of inventory







Major damage – may not be salvageable









Complete loss of property

This person lost her home in a fire that was due to an earthquake. FEMA News Photo







Displaced from home









What about other costs?

You could be out of business while you repair the damage or while you're waiting for supplies







Who pays for damage?





What do I do when an earthquake hits?







Don't run out of the building!









EARTHQUAKE RISK MITIGATION

FEMA

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Studs

425

Mark Wolfe/FEMA

So, what can I do?

1. Know your **RISK**

2. Make a **PLAN**

3. Take **ACTION**





Risk = Hazard x Vulnerability











It's not just California... M7.3 Montana August 1959 间 **M5.2** Pennsylvania O September 1998 M6.6 Utah 🧿 M7.7 New Madrid **March 1934** M5.8 Virginia Winter 1811-12 August 2011 M5.5 Oklahoma ٢ M6.3 Arkansas April 1952 January 1843 . a ag





More exposure = more risk

Seismic risk increases with **population density** and **urbanization**.

The more people, buildings, and infrastructure that are exposed to hazards, the greater the risk.







Vulnerabilities can be minimized

The hazard at a given location cannot be changed but you can limit your vulnerability.

Vulnerabilities include:

- Older buildings that are not up to the current code
- Heavy objects that can fall
- Improper utility hooks ups that can start fires if they are damaged

We're going to learn how to mitigate the risk from some of these vulnerabilities.





Construction plays a role...









Construction plays a role...









Construction plays a role...









Location, location, location

Ground motions can induce sliding

A hillside is a vulnerable location in an earthquake









Risk = Hazard x Vulnerability

Your total risk is the combined effect of your

- Earthquake hazard (likelihood that an earthquake will strike)
- Vulnerability (what happens if that earthquake occurs)

The hazard at a given location cannot be changed, but

You can change your level of vulnerability







Take Action To Protect Yourself and Your Family From Earthquakes

Create and Practice Your Disaster Preparedness Plan An emergency preparedness plan includes life-critical actions, life saving training, and the advance plans to enable you to respond to earthquake rotential division inclusion and hexards on matter where you are

Life-Critical Actions - Learn how to:

Drop, cover, and hold.
 Signal for help, if you are trapped somewhere. Teach children and adults to use an emergency whistle and/or to knock three times repeatedly if trapped

Life Saving Training - Consider training in:

CPR
 How to use a fire extinguisher
 How to shut off gas, water, and electricity

Your Disaster Preparedness Plan Should Include: Disaster Supplies Kits for home, workplace, and Disaster Supplies Kits for home.
 Practicing Drop, Cover, and Hold
 Financial Plan

n sunications Plan that each family member s Family Communications Plan that each family member understar
 Needs for all family members, including children, seniors, and per

Financial Plan You should store your family's documents, such as insurance poli property records, birth certificates, and other important pi place away from your home (e.g., safety deposit box). Mail tant documents for your disaster supplies kit. Consider saving money in an emergency savings acc in any crisis. Back up critical files on your computer i place away from your home.

Create Your Disaster Supplies Kit

Decause you don't know where you and your family will be when an earth-quake occurs, prepare a Disaster Supplies Kit for your home, workplace, an car. For detailed information about the items that should be inoluded in you disaster supplies kit, refer to FEMA 526, *Earthquake Safety Checklet*.

Family Earthquake Drill

It's important to know where you should go for protection whe starts to shake. By planning and practicing what to do before occurs, you can condition yourself and your family to reset cor spontaneously when the first joit or shaking is felt. An earthqu bach your family what to do in an earthquake. Each family member should know safe spots in each ro

Each raminy memory anound wrow same spores in each room.
 Safe spois: The best places to be are under heavy pieces of fumfure, such as a desk or sturdy table; under supported archways; and against inside wall Danger spots: Stay away from windows, hanging objects, mirrors, fireplaces, and tall, unsecured pieces of fumfure.

Reinforce this knowledge by physically placing yourself in the safe locations. This is especially important for children.
 In the days or weeks after this exercise, hold surprise drills.

Be prepared to deal with what you may experience after an earth — both physically and emotionally.

 Following the drop, cover, and hold procedure is the during an earthquake. Take cover under a sturdy desk, table, or bench and hold on to the desk

or table leg so that desk or table stays on top of you. Hold on ur earthquake shaking stops.

Family members should practice drop, cover, and hold in the safe sp that you and your family have identified.

Further Information

or more information about earthquake preparedness and saf plowing publications, which are available from the FEMA Dist t 1-800-480-2520. As noted, some are available for downloa

FDM website. Hard Deaster Sphese: How to recover financially from a natural disaster, FDM 2022, Available in both English and Spanish. Are You Ready An Indepth Guide Octom Preparentenises, IS-22, August 2004; Full publication and individual acctions assuitable online in both English and Spenish at Hurty / Hems gov/ preparenterse / prepare Baffver Elaster Sphese. How to make sure you're financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financially financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financial financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financial financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financial financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financial financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financial financially financial financially financial financially prepared to deal with a natural diseter. (FLM 2021, HIG) Financial financially financial financially financial financially financial financially financial financia

Earthquake Safety Checklist, FEMA 526, August 2005 Earthquake Safety Guide for Homeowners, FEMA 530, September 2005. Food and Water In an Emergancy, FBMA 477, August 2004. Available online both English and Spanish at http://tema.gov/preparedness/prepare.guid

Inters.etm. Preparing for Disaster for Paople with Disabilities and Special A 476. August 2004. Available online in both English and Spani http://fema.gov/preparedness/prepare_guides_links.etm. Visit the FDA website at http://www.fema.gov/hazards/earth information about the National Earthquake Nazards Reduction P and more ways to address earthquake Instards Reduction P

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quake. Be sure to check the straps once a year. They may

Figure G. Securing water heaters.

come loose as a result of vibrations or other causes.







Make a plan

- Determine the relative importance of your vulnerabilities based on risk and cost.
- Decide what you're going to do and what you're going to hire someone to do







Importance of Vulnerabilities

Life Safety

Could anyone be hurt by this component in an earthquake?

Property Loss

• Could a large property loss result?

Functional Loss

• Could the loss of this component cause an outage or interruption?





Brace it or replace it?

- Retrofitting before an earthquake is cheap
- Repairs are expensive, and experts will be busy after an event

Brace it

\$50

The cost to replace a water heater is **10 times** more than the cost to brace it.





Replace it

\$550

What can I do myself?

- Brace suspended ceilings
- Secure bookshelves
- Brace a water heater
- Anchor TVs, computers, and other appliances
- Secure heavy furniture
- Reinforce foundation anchorage and strengthening cripple walls

Expert

Tip

Anchor demountable partitions (cubicles)





FEMA posts free

resources on

their website

When do I need a professional's help?

- Installing flexible gas lines
- Anchoring boilers and furnaces
- Bracing unreinforced masonry
- Anchoring solar panels
- Securing transformers, switch gear, and emergency generators
- Anchoring industrial storage racks
- Securing HVAC equipment





Take Action

START NOW! There are two easy things you can do **today**:

- 1. Move heavy furniture such as bookcases away from beds, couches, desks, and other places where people sit or sleep
- 2. Make sure that exit paths are clear of clutter







Find more info on hazards in your area:

 Central United States Earthquake Consortium (Central and Southern States)

www.cusec.org

Western States Seismic Policy Council

www.wsspc.org

Cascadia Region Earthquake Workgroup (Pacific Northwest)

www.crew.org

Northeast States Emergency Consortium

www.nesec.org





Mitigation Example Resources

- LBL-9143 Seismic Safety Guide
- FEMA 154/155 Rapid Visual Screening of Buildings for Potential Seismic Hazards
- ASCE/SEI 31-03 Standard Seismic Evaluation of Existing Buildings
- ASCE 41-06 Standard for the Seismic Rehabilitation of Buildings





QuakeSmart Toolkit

 QuakeSmart is a FEMA NEHRP initiative to help businesses in at-risk earthquake communities implement earthquake mitigation actions.









FEMA Resources

- FEMA E-74: Reducing the Risks of Nonstructural Earthquake Damage
- FEMA 412: Installing Seismic Restraints for Mechanical Equipment
- FEMA 413: Installing Seismic Restraints for Electrical Equipment
- FEMA 414: Installing Seismic Restraints for Duct and Pipe
- FEMA 530: Earthquake Safety Guide for Homeowners





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Prevent Disaster Losses	 Earthquake Publications FEMA offers a variety of earthquake-related information resources. In addition to the content provided on its earthquake web pages, these resources range from reports, handbooks, guides, and manuals to posters, software, web-based tools, and instructional materials. Looking for a specific publication? Visit the Index of Earthquake Publications. Below are the main categories of FEMA earthquake publications and tools. Publications for Individuals and Families Practical guides and checklists describing how you can prepare yourself, your family, and your home to reduce the likelihood of damage or injuries during earthquakes and the risk of hardships and disruptions following disasters. <u>Teachers and Kids</u>					Download from the <u>FEMA</u> <u>Library</u> . FEMA Distribution Center To order free FEMA publications: Call 1 (800) 480-2520 (M-F: 8:00 a.m 5:00 p.m. est) Or fax: (240) 699-0525 E-mail: <u>FEMA-Publications-</u> <u>Warehouse@dhs.gov</u> Please provide the title, item number, short number, and quantity of each publication, along with your name, address, zip code, and daytime telephone number. Fast Facts <u>FEMA E-74 Now Available!</u> Reducing the Risks of Nonstructural Earthquake Damage—A Practical Guide, Fourth Edition		
Earthquake								
NEHRP								
Publications								
State Resources								
	 <u>Building Designers, Managers, and Regulators</u> Technical guidance focusing on the evaluation, design, and construction of earthquake-resistant structural and nonstructural elements for new and existing buildings, lifelines, and other structures; includes the latest NEHRP recommended provisions for seismic design standards. 							







Review

- Earthquake mitigation reduces damage and losses
- Earthquake risk is influenced by the combination of the earthquake hazard and your vulnerability.
- There are three steps to mitigating the earthquake risk in your home or business:
 - 1. Identify Your Risk
 - 2. Make a Plan
 - 3. Take Action
- You can take action today!





Quiz

- Along with Hazards, what else needs to be considered when evaluating risk?
- Identify three potential hazards in a typical home.
- 3. True or False: In the United States, a person is more likely to be injured by falling objects than dying in a collapsed building in an earthquake.
- 4. Name the three steps homeowners and small business owners can take to mitigate their risk from earthquakes.
- 5. Why should a water heater's rigid gas lines be replaced with flexible lines?
- 6. Who usually pays for earthquake damage?
 - a. The government
 - b. Insurance
 - c. The homeowner

True or False: In the United States, large earthquakes only occur in California. True or False: Seismic risk increases with population density and urbanization.

PART 3 - HANDS ON

Adding Foundation Bolts

Earthquakes moved this house two feet from its foundation

\$200 in bolts can save thousands of dollars in earthquake damage
Is my home bolted to my foundation?

Find out if your home has adequate anchorage.

- 1.Go down into the crawl space or unfinished garage.
- 2.Look for bolts that fasten the sill plate to the foundation.







What's a sill plate?



- The sill plate is the wooden board that sits directly on top of the foundation
- Bolts should be 4' to 6' apart
- If you don't see any bolts,
 or if they're spaced too
 far apart, install
 additional bolts.





Checklist:

- Image: Second secon
- Rotary hammer drill with a ½" or ¾" by 9" carbide tip drill bit
- Adjustable wrench
- Measuring tape
- Torque wrench
- Dust mask and goggles
- Short handled sledge hammer for setting expansion bolts
- Respirator, air blower, and nylon brush for adhesive anchors







How to bolt your home to your foundation

- 1. Mark the places for each bolt on the sill plate.
- 2. Drill the holes
- 3. Clean the holes
- 4. Install the anchor bolts

Project Cost	Cost to Repair After a Quake
\$250 to \$5,000	\$25,000 up to total value of home







Bracing a water heater









Unsecured water heaters can easily fall

Potential consequences include:

- Broken gas lines and gas leaks that can start a fire
- Broken water lines and flooding
- Loss of emergency water source

The unbraced water heater in this home fell during an earthquake; the resulting fire destroyed the home.







Water heater = emergency water

- The water in your water heater is a great source of emergency water
- If your water heater falls over, you will also lose your supply of fresh water
- Protect this resource by securing your water heater







Bracing kits make it simple

Kits are available for about \$20 at some plumbing and hardware stores and through major retailers online

- Secure both the top and the bottom of the water heater tank with heavy-gauge metal strapping
 - Plumber's tape is not recommended. Many water heaters in past earthquakes broke through the plumber's tape.
- Install flexible natural gas and water line connectors





Checklist:

- Strapping Kit with heavy-gage straps and fittings
- 🔲 Drill
- 🖵 Drill bit
- Adjustable wrench
- 🗖 Hammer
- Lag screws
- Wood blocking
- Flexible natural gas and water line connectors





How to secure your water heater

- 1. Get a bracing kit with heavy-gauge metal strapping
- 2. Make sure there is no more than 2" of space between the wall and your water heater.
- 3. Secure the strapping to the wall studs or concrete.
- 4. Have a plumber replace all rigid piping with flexible natural gas and water line connectors.

Project	Cost to Repair
Cost	After a Quake
\$20 to \$200	\$500 up to total value of home





Flexible Gas Lines

Installing flexible lines helps to prevent:

- Tearing of gas and water lines from their connections
- Serious damage to a structure
- Fires or explosions
- Injuries to occupants











Anchoring office filing cabinets



Locate cabinets away from exits and windows





Provide strong latches so drawers don't slide open



Attach adjacent file cabinets together for more stability



Checklist

- Clip angles— 2½" x 2½" x 3/16"
- Top clips—2" x 3/32"
- Latches for drawers
- Measuring tape
- Dust mask and goggles
- Drill with 1/4" drill bit
- #10 sheet metal screws
- Machine bolts 1/4" diameter

For wood walls and floors:

- Stud finder
- □ Lag screws— 1/4" diameter x 2"

For concrete walls:

- Expansion anchor bolts 3/8" diameter x 2"
- Rotary hammer drill with a 3/8" by
 3" carbide tip drill bit
- Adjustable wrench
- Torque wrench
- Short handled sledge hammer for setting bolts





How to brace a file cabinet

- 1. Anchor file cabinets to the wall and floor with clip angles.
 - Use at least one angle at the top
 - Use at least two angles at the bottom, one on each side
- 2. Attach the clip angles to the file cabinet with at least 2 sheet metal screws
- 3. Bolt the clip angles to the wall or floor.
 - Use lag bolts for wood walls or floors
 - Use expansion bolts for concrete walls or floors
- 4. Connect adjacent cabinets together with machine bolts, at least 2 at the front and 2 at the rear.
- 5. Install latches for the file cabinet drawers.







Anchoring TVs and monitors



Secure wall hanging monitors with brackets

- Proprietary brackets are available for screens of all sizes
- Look for brackets that are seismically rated







Can I hang my TV or monitor myself?

- The TV or monitor should weigh less than 110 lbs and have a 60" diagonal screen size or smaller.
- Check to make sure framing studs behind the drywall are not more than 24" apart.







Checklist

- Stud finder
- Drill with 1/8", 1/4" and 3/8" drill bits
- Wood board 3/4" x 12" x 28" (minimum)
 - Size is based on the size of the bracket
 - Use plywood or solid wood; NOT oriented strand board (OSB) or particle board

For wood stud walls:

#14 or 1/4" diameter x 3" wood screws

For metal stud walls:

1/4" diameter x 2" sheet metal screws or 5/16" diameter x 1"carriage bolts with flat washers and lock washers or lock nuts





How to anchor a TV or monitor to a wall

- 1. Locate wall studs
- 2. Measure the bracket and cut the wood board at least two inches greater than the bracket on each side
- 3. Pre-measure and pre-drill the wood board
- 4. Attach the bracket to the wood board
- 5. Attach the wood board to the wall
- 6. Attach the TV or monitor to the bracket





Attach the bracket to wall studs







Then attach the monitor to the bracket







Secure desktop monitors with straps

- Proprietary adhesive straps are available
- There are many options...







Other options include:







Keep your electrical cables organized

- Ensure that electrical cords and cables have sufficient slack to allow the item to travel to the end of any tether
- Tangled cords and cables attached to one item that falls may pull other items down







Securing a Hanging Ceiling

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Add compression struts and diagonal bracing







Checklist

12 gage hanger wire

Compression strut

- 1" diameter conduit for heights up to 6 feet
- 1½"x 1¼" metal studs for heights up to 10 feet
- #12 sheet metal screws

For wood structures:

#12 screw eyes

For concrete structures:

- Expansion anchor bolts 5/16" diameter x 2"
- Rotary hammer drill with a 3/8" by 3" carbide tip drill bit
- Adjustable wrench
- Torque wrench
- Short handled sledge hammer for setting bolts
- Ceiling clips 13 gage x 13"
- Metal straps 12 gage x 1"





How to Secure a Suspended Ceiling

- 1. Install hanger wire
 - No more than 8" from the face of the wall
 - Spaced at 4 feet in both directions
- 2. Install compression struts
 - No more than 6 feet from the face of the wall
 - Spaced at 12 feet in both directions.
- 3. Install bracing wire at 45° at each compression strut
- 4. Secure fluorescent lights





Compression strut and diagonal bracing







Hanger wire – Edge condition







Securing Hanging Lights

Use 14-gage wire at each corner









Securing Fluorescent Lights

- Add extra cross runners on each side
- Use chain straps or 14-gage wire at each corner
- Install plastic tubes over the light bulbs If they are not shatter resistant. This will help contain the glass if they fall and break.







Overhead connections - wood







Overhead connections – concrete



Splayed Bracing Wire Attachment at Concrete Floor/Roof Vertical Hanger Wire Attachment at Concrete Floor/Roof





Unreinforced Masonry

- Masonry refers to brick or concrete block (i.e., "cinderblock")
- It's considered "unreinforced" if there is no steel rebar in the wall

AF110

ENTRAN

These structures can be retrofitted by a professional

Securing Chimneys

Masonry chimneys may crack, separate from the structure, or collapse, even at low levels of shaking.

Add bracing to stabilize chimneys









Securing Windows

- Install safety glass if possible
- As an alternative, use an adhesive plastic film on existing glass. This is typically less expensive.



Securing Industrial Storage Racks



- Storage racks can collapse or overturn
- Goods stored on the racks can topple or spill
 - Anchorage should be designed by a professional engineer and installed by a licensed contractor
 - 2. Restrain the contents on the racks with chains or netting







This is just the beginning...

For more information on non-structural earthquake mitigation, refer to FEMA E-74, Reducing the Risks of Nonstructural Earthquake Damage

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For more information on structural earthquake mitigation, refer to FEMA 530, Earthquake Safety Guide for Homeowners

Both of these documents are available for free on FEMA's website

QUESTIONS?



