

# Seven Steps to Earthquake Safety: Your Action Plan Worksheet



Use this worksheet to create Your Action Plan for what to do before, during, and after a damaging earthquake. Visit [EarthquakeCountry.org/sevensteps](https://www.earthquakecountry.org/sevensteps) for more guidance and resources for each step.

## 1 Secure Your Space | *What will you secure, and when?*



**Item and Location:** \_\_\_\_\_

**When:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2 Plan to be Safe | *Start with the following:*



**Out-of-Area Contact:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Other Key Contacts:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Meeting Place:** \_\_\_\_\_

**Other Planning Actions?** \_\_\_\_\_

\_\_\_\_\_

## 3 Organize Emergency Supplies | *What will you keep in each location?*



**Under-Bed Bags:** \_\_\_\_\_

**Go-Bags:** \_\_\_\_\_

**Home or Work Supplies:** \_\_\_\_\_

\_\_\_\_\_

## 4 Minimize Financial Hardship | *What will you do next?*



**Organize Documents:** \_\_\_\_\_

**Strengthen Property:** \_\_\_\_\_

**Consider Insurance:** \_\_\_\_\_

\_\_\_\_\_

# 5 Drop, Cover, and Hold On! | Who will you practice with and when?

People at home:

When:

---

---

People at work:

When:

---

---

Other groups:

When:

---

---



# 6 Improve Safety | What will you do **now**, so you can improve safety **after**?

---

---

---

---

---

---

---

---



# 7 Reconnect and Restore | What else might you do **now** to speed your recovery?

---

---

---

---

---

---

---

---



## Additional Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---