

Earthquake Awareness

What you can do



The 5.0 magnitude earthquake that struck the border areas of Ontario and Quebec on June 23, 2010 has sparked a renewed awareness on earthquake safety.

The safety of our customers and employees are important to us and Aviva is here to help. We have put together a list of measures as a guide on what to do before, during and after an earthquake.

Be prepared

- Keep disaster supplies on hand such as a fire extinguisher, first aid kit, battery-powered radio, flashlight and extra batteries
- Know or learn first aid
- Know or learn how to turn off gas, water and electricity
- Know and identify safe areas inside and outside homes, schools or businesses
- Develop a plan to meet family or coworkers after an earthquake
- Remove heavy objects on shelves, filing cabinets and high areas that will fall during an earthquake
- Anchor heavy furniture, cupboards, equipment and appliances to the walls or floor
- Learn the earthquake plan at your school or work place

In the event of an earthquake

- Remain calm - if you are indoors, stay inside and if you are outside, stay outside
- When indoors, stand against a wall near the center of the building or in a doorway. Crawl under heavy furniture such as a desk or table. Keep away from windows and doors leading outside.
- When outdoors, remain in the open and move away from power lines, buildings, trees, overpasses or anything that might fall. Once in the open, remain there until the shaking stops.
- Do not use matches, candles or any flame as it could ignite broken gas lines
- If you are in a moving vehicle, stop as quickly as safety permits and stay inside the car until the shaking stops
- Do not use elevators

What to do after an earthquake

- Check utilities and shut off valves if there is damage
- Keep away from broken electrical wires
- Check for the smell of gas. If you smell gas - do not use electrical devices including phones, turn valves off, open all windows and doors, leave immediately and find a safe means to report to the authorities.
- Listen to a battery operated radio for emergency information and do not use any phone unless it is an emergency
- Keep out of damaged buildings and areas
- Wear boots or sturdy shoes to keep from cutting your feet around broken glass and debris
- Inspect chimneys for damage as they may fall on you
- Keep away from beaches as tsunamis and other wave formations may hit after the ground has stopped shaking
- At home, school or work, follow the emergency plan or the instructions of the person in charge
- Be prepared for aftershocks
- Be sure to safely help injured or trapped persons within the limit of your abilities