

## **DBWC Safety Committee**

### **Instructions for the Great American Shakeout**

The Great American shakeout will be this Thursday the 16th starting at 10:16am. It will start with a car alarm for 15 seconds.

**\*PROTECT YOURSELF:** cover your head and neck, hang on to something stable, lock the brakes if in a wheeled walker or chair. When the shaking stops, carefully get outside.

**\*PUT** your fire extinguisher out front.

**\*SECURE** your pet(s) in a safe place such as a vehicle. Crack the windows.

**\*TURN OFF** utilities (pretend) at the post and the propane tank.

**\*GO TO** the area set up near the Ramada for a head count and lot #.

You're done! Thank you! Work session begins at 11am.

This exercise is to help us think about and make decisions about what works for us and our pets and what could be improved. The practice will build muscle memory.