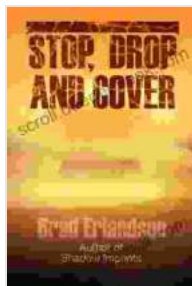


Stop, Drop, and Cover: A Lesson from Brad Erlandson on Earthquake Preparedness

Brad Erlandson was a young boy when the Loma Prieta earthquake struck San Francisco in 1989. He was at home with his family when the ground began to shake violently. His father, a firefighter, quickly shouted, "Stop, drop, and cover!" Brad followed his father's instructions and got under a sturdy table. The earthquake lasted for about 15 seconds, but it felt like an eternity.



Stop, Drop, and Cover by Brad Erlandson

★★★★★ 5 out of 5

Language	: English
File size	: 881 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 127 pages
Lending	: Enabled
Screen Reader	: Supported
Hardcover	: 89 pages



When the shaking stopped, Brad and his family emerged from their hiding places and found that their house had been severely damaged. The chimney had collapsed, and the walls were cracked. But Brad and his family were safe, thanks to the "Stop, drop, and cover" technique.

Brad's story is a reminder that earthquakes can strike at any time and that it is important to be prepared. The "Stop, drop, and cover" technique is a

simple but effective way to protect yourself during an earthquake.

How to Perform the "Stop, Drop, and Cover" Technique

1. **Stop:** As soon as you feel an earthquake, stop whatever you are doing and get ready to take cover.
2. **Drop:** Drop to the ground, get on your hands and knees, and cover your head and neck with your arms.
3. **Cover:** Find a sturdy piece of furniture or a wall to hide under. If you are outdoors, find a low spot away from buildings, trees, and power lines.

Stay in this position until the shaking stops. Once the shaking has stopped, check yourself and others for injuries. If you see any downed power lines or damaged buildings, stay away and report them to the authorities.

Other Earthquake Preparedness Tips

In addition to the "Stop, drop, and cover" technique, there are other things you can do to prepare for an earthquake:

- Make an earthquake preparedness plan and practice it with your family.
- Secure heavy objects in your home, such as bookcases, appliances, and mirrors.
- Keep a supply of food and water on hand in case of an emergency.
- Have a first aid kit and other emergency supplies ready.
- Know how to turn off your gas and electricity.

- Stay informed about earthquake preparedness and safety.

By following these tips, you can help to keep yourself and your loved ones safe in the event of an earthquake.

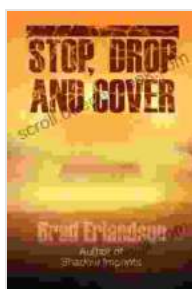
Brad Erlandson's Legacy

Brad Erlandson's experience during the Loma Prieta earthquake has had a profound impact on his life. He has dedicated his life to earthquake preparedness and safety education. He is the founder of the Earthquake Country Alliance, a non-profit organization that provides earthquake preparedness information and resources to the public.

Brad's work has helped to save countless lives. He is a true hero and an inspiration to us all.

The "Stop, drop, and cover" technique is a simple but effective way to protect yourself during an earthquake. By following this technique and other earthquake preparedness tips, you can help to keep yourself and your loved ones safe.

Brad Erlandson's story is a reminder that earthquakes can strike at any time and that it is important to be prepared. By learning from Brad's experience, we can all be better prepared for the next earthquake.



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