

Answer 2) Following are the required measures to be followed to prevent the catastrophic effects of earthquakes.

Short-term measures:

- (i) Protect yourself, drop to the floor, take cover under a desk or table and hold on it so that it doesn't move away from you.
- (ii) Stay away from glass windows, heavy furniture and anything that could fall, such as lighting fixtures.
- (iii) If you are on the upper floor of the building, don't jump from windows or balcony, Do not try and run out of a building, you may be hit by falling walls.
- (iv) Hang heavy items such as pictures and mirrors away from beds.
- (v) Locate safe places like pillars in your house.
- (vi) ~~It~~ calm all the persons near you and try to help them in tackling.

Medium-term measures:

- (i) Retrofitting of weak structures in highly seismic zones.
- (ii) Preparation of disaster related literature in local languages with do's and don'ts for construction.
- (iii) Getting communities involved in the process of disaster mitigation through

- education and awareness
- (iv) Networking of local NGOs working in the area of disaster management.

Long-term measures:

- (i) Re-framing buildings codes, guidelines, manuals and byelaws and their strict implementation. Tougher legislation for highly seismic areas.
- (ii) Incorporating earthquake resistant features in all buildings at high-risk areas.
- (iii) Making all public utilities like water supply systems, communication networks, electricity lines, etc earthquake-proof.
- (iv) Creating alternative arrangements to reduce damages to infrastructure facilities.
- (v) Constructing earthquake-resistant community buildings like schools, dharanshalas, hospitals, etc. especially in seismic zones of moderate to higher intensities.
- (vi) Supporting R & D in various aspects.

Ankit Raj

1906534

classmate

Date

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of disaster mitigation, preparedness and prevention and post-disaster management.