



Tinubdan

ANG KALASANGAN DILI LAMANG PAGKAON, KAKAHUYAN, MGA TAMBAL O PANIMALAY... ANG LASANG MAO ANG KINABUHI

VISION

A United, One Voice Association of
Surigao Del Sur Water Districts

MISSION

To Create an Aura of Oneness among Water Districts
in the Province of Surigao Del Sur

CANTILAN WATER DISTRICT HOST THE TINUBDAN EDITORIAL MEETING

The Cantilan Water District hosted this year editorial meeting for Tinubdan, the official publication of the Surigao del Sur Water District Association, Inc. (SURWADA). The members of the Tinubdan editorial staff arrived in the morning on August 12, 2016. The group decided to make it a lunch meeting at Libtong Cove instead of holding it at the CWD Boardroom.

During the meeting, a quorum was established and elected Mr. Anthony O. Teves of Lianga Water District to be the editor-in-chief for the next year Tinubdan publication. Agenda was discussed by associate editor Eleniel A. Barrios like the issues for timely submission of articles, cost of printing, the coverage of the SURWADA Sportsfest. The meeting was adjourned at exactly 1:45 o'clock in the

afternoon. Thereafter, the group went kayaking, swimming and does enjoy the island hopping with the enchanting beauty of the Libtong Cove, the white and powdery sand of Double B and the clear waters of Casa Rica. It was indeed a fruitful and enjoyable day, being their first time to explore Cantilan's beautiful beaches and experience the hospitality of Cantilangnons.

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PRESIDENT'S MESSAGE

The Surigao del Sur Water District, Association, Incorporated (SURWADA, Inc.) being the primary organization of the water districts within the province, dynamically provide the best remedies to improve the lives of the public they served. Evidently, there were several activities conducted for the purpose of updating and improving the competencies and skills of the workforce, various community activities concerning the environment were actively participated for the plight to lessen the impact of climate change and for the protection and preservation of the natural resources which is believed to be the best initiative to save the water utilities from a global phenomenon of impending water crisis. Apparently, SURWADA members keep a never ending dream of providing quality water to their customers, that is to abreast with the modern technologies they can provide for making sure that they always abide with the Philippine National Standard for Drinking Water (PNSDW). Hence, through all of these undertakings, we are confident enough to access the water coverage to our constituents with great honor and pride.

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BCWD awards the Installation of Pumping Facilities for One (1) Production Well at Barangay Tabon to GS Ferrolino Construction & Supply

The Bislig City Water District (BCWD) thru its Bids and Awards Committee (BAC) has awarded the installation of Pumping facilities for one (1) Production Well at Barangay Tabon, Bislig City to GS Ferrolino Construction and Supply, a Kidapawan City based construction enterprise last March 2, 2016 at the BCWD Office, Mangagoy, Bislig City.

The project includes the delivery,

installation of electromechanical facilities-40 HP Submersible Pump and Motor with 6" column/ riser pipe, submersible cable, Variable Frequency Device (VFD), and Soft Starter Controller and to 6" Discharge Line comprises of check valves, pressure gauges, air release valves, bypass pipe and other appurtenances to complete the discharge line. Complete facilities for Gas Chlorination System including

booster pump, 8" Distribution and Transmission Pipe, painting works, excavation of trench, pipe supports, control house, testing, commissioning and some appurtenances specified and shown in the drawings to complete the project.

The installation of Pumping facilities for one (1) Production Well at Barangay Tabon, Bislig City is part of the Engineering Department's CAPEX projects for the Calendar Year (CY) 2016 with project duration of 80 calendar days and with a total amount of Php.3,386,705.63. The Tabon deep well project will be used as alternate water source whenever the Barangay San Antonio and Kauntuan water sources will be depleted. With the current installation and completion of the said facilities for the Tabon deep-well 1, thousands of concessionaires from Barangays Tabon and Mangagoy and even the concessionaires in Barangay Poblacion, Bislig City will be the one to benefit the said project.



In Photo: Engr. Geneva S. Ferrolino and GM Menillio C. Siega of Bislig City Water District shook their hands after the BCWD Bids and Awards Committee (BAC) awarded the Installation of Pumping Facilities for One (1) Production Well at Brgy. Tabon, Bislig City to GS Ferrolino Construction & Supply last March 2, 2016 at BCWD Office.

BCWD Plumbing Training holds Plumbing NC II Training Batch 22 and 23 at Cortes and Tandag City, Surigao del Sur

The BCWD Plumbing Training Team held its Plumbing NC II Training Batch 22 and 23 at the Municipality of Cortes, Surigao del Sur last January 25 – February 19, 2016 and at the Tandag City Water District, Tandag City, Surigao del Sur last February 29 – March 29, 2016. The Plumbing NC II Training Batch 22 was composed of 27 graduates of whom 2 scholars were subsidized by BCWD. The Batch 23 concluded with 100% passing rate during their final assessment at the MDRRMC building, Purik 5, Poblacion Cortes, Surigao del Sur. While the Plumbing NC II Training Batch 23 was composed of 38 graduates in which 14 of it were subsidized by the Tandag City Water District (TCWD) being part of professionalization on their workforce. The Batch 23 concluded with two separate assessment dates, the TCWD Employees on March 21-23, 2016 and the TESDA trainees last March 28-29,

2016. Both assessments were held at Tandag City Water District, Tandag City, Surigao del Sur and the said trainees

have attained 100% passing rate on their final assessment.



In Photo: Mr. Christopher Miranda, Training Assessor discussed to the NC II plumbing Batch 23, the tools and materials to be used in their assessment last March 21, 2016 at Tandag City Water District.

BCWD observes Earth Hour & WORLD WATER DAY 2016



Source: www.dailymail.uk

Bislig City Water District (BCWD) observed the significance of freshwater and to promote the international celebration of the Earth Hour last March 19, 2016 between 8:30 p.m. to 9:30 p.m. by encouraging to its employees to join the one hour darkening or switching off the lights and other power-driven appliances with the rest of the nations celebrating the said occasion with the theme: "Lights off to Change Climate Change".

Earth Hour is a worldwide grassroots movement uniting people to protect the planet, and is organized by World Wide Fund (WWF). Engaging a massive mainstream community on a broad range of environmental issues, Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. On its premiere event, More than 2.2 million individuals and 2,000 businesses turned their lights off for one hour in the first Earth Hour event. Since

then it has grown to engage more than 7000 cities and towns worldwide, and the one-hour event continues to remain the key driver of the now much larger movement.

According to wwf.org.ph, the conduct of Earth Hour aims to encourage an interconnected global community to share the opportunities and challenges of creating a sustainable world. It also inspire people to reduce their energy consumption everyday, not by sitting in the dark for an hour each night, but by taking simple steps that can have a dramatic effect.

In 2011, Earth Hour added something new to the annual event, urging participants to "go beyond the hour" by committing to at least one environmental action they could continue all year long that would help make the world a better place.

While last March 22, 2016, BCWD also observed the international celebration of the World Water Day 2016 with a theme

"Water and Jobs". According to United Nations, the said celebration reminds every person about the significance of freshwater and to promote sustainability for freshwater resources' management. It's not just a day to celebrate water but also a day to prepare for how we manage water in the future.

United Nations also revealed that today, almost half of The world's workers-1.5 billion people work in water-related sectors and nearly all jobs depend on water and those that ensure its safe delivery. Yet millions of people who work in water were often not recognized or protected by basic labor rights. The 2016 theme Water and Jobs show how enough quantity and quality of water can change workers' lives and livelihoods and even transform societies and economies. The official World Water Day event 2016 will be celebrated at headquarter of the International Labour Organization (ILO) in Geneva, Switzerland.

CANTILAN WD HOLDS PLUMBING NC II TRAINING

By: *Melissa Antonieta P. Arreza*

The Cantilan Water District held a Plumbing NC II Training in cooperation with TESDA, Bislig City Water District Training Center and the United Bardugs last August 22, 2016 to September 16, 2016. This four week training is relevant to this year's CSC 116th anniversary with a theme: "Sigaw ng Lingkod Bayani: Malasakit Para Sa Taumbayan Kapwa Kawani at Kalikasan.

Aside from the CWD Regular Employees and Job Orders of the Maintenance Section, the district invited residents from different barangays of the Municipality of Cantilan covered by the service areas of the CWD to participate the training. The training will provide them skills, knowledge and competencies as well as livelihood opportunities.

The 25 participants who underwent a rigid four week plumbing training belongs to the 27th batch of trainees and the last batch to be trained on a single phase plumbing.

They were able to acquire the Plumbing NC II assessment certificates from TESDA and will become part of the Cantilan Water District pool of TESDA accredited plumbers. These trainees each received P1,200.00 allowance and plumbing tools from TESDA after they completed the 162 training hours.

This training was made possible thru the efforts of CWD GM Vicente Cirilo A. Iriberry, TESDA PD Rey Cueva and the Bislig City Water District Training Center headed by GM Menillo C. Siega.

It commenced last September 16, 2016, at 2:00 o'clock in the afternoon at the United Bardugs Building. The said event was graced by TESDA PD Rey Cueva, Mayor



Philip A. Pichay, CWD Board of Directors Castorio P. Ambray Jr, and Chita A. Orpina, CWD GM Vicente Cirilo A. Iriberry, Mr. Roland S. Sarmiento, DM , Plumbing Instructors from Bislig City Water District and the CWD employees who were in full support since day one.

Mayor Philip Pichay in his message told the graduates that he is happy and thankful that at last the Cantilangnons can have easy access to accredited plumbers.



Engr. Jilberto C. Tupas, CWD Gen. Manager as he presented the proposed water rates

CARMEN WD conducts its 1st Public Hearing for water rates approval

By: Ronelyn P. Talibong

The Carmen Water District (CWD) conducts its first Public Hearing last August 25, 2016 at 2:00 pm in Municipal Gymnasium, Poblacion Carmen, Surigao del Sur relative to the approval of its proposed water rates.

The said public hearing was attended by 165 concessionaires from different barangays namely: Brgy. Poblacion, Puyat, Sta. Cruz, Antao & San Vicente. General Manager of Madrid Water District, Elvi U. Kindica was also present together with his staff to observe the said public hearing. LWUA Representatives in the persons of Ms. Dina M. Cunanan; LWUA Representatives in water rates and Ms. Maria Lourdes B. Canlas; LWUA Advisor were also there to assist the district in the flow of said activity.

The Public Hearing conducted

efficiently, it was started by a prayer led by Board Secretary Letecia L. Sablas then followed by a National Anthem. The Board Chairman Aniano E. Ogdock gave a short welcome message to all the attendees. Then after that, GM Jilberto C. Tupas presented the prepared power point presentation.

Inputs of GM Tupas' presentation were a brief history of the creation of Carmen Water District and he also acknowledged the people involved in the past administration started from the former Acting General Manager Engr. Virgilio J. Bomediano down to the previous compositions of Board of Directors. Then GM Tupas also presented pictures of the new installed 150 cum capacity water reservoir and filtration tank located in Sitio Hubason, Brgy. San Vicente. He also presented results of Monthly

Bacteriological test and the annual Physical Chemical Test as an evident that the water of CWD is potable and is safe.

Highlight of the Public hearing was the open forum. There were questions raised and fortunately all questions were answered justifiably to the concessionaires. The presentation was also brief but was comprehensively presented. Over-all of the activity was effective because the majority agreed the proposed water rates presented and partly, they can now picture out how the CWD water supply system works from the source, to the treatment and to the distribution to their respective households.

Tap your back CWD Board and staff for the job well done!

CARMEN WD staff attends Water Safety Plan Development Training in Kansilad, Lianga, Surigao del Sur

By: Ronelyn P. Talibong

The full workforce of Carmen Water District attended a two-day Water Safety Plan (WSP) Development Training in Kansilad Beach Resort, Lianga, Surigao del Sur last December 10 to 11, 2016.

Since the Carmen Water District (CWD), a small water district has only Five (5) staff including the General Manager then automatically they were all members of the WSP Team.

On the first day morning, it was mainly a brief orientation and an overview of the WSP. Then in the afternoon session the workshop of each module has started. Each water district teams were given a lot of time to discuss and achieved all the modules given. Luckily, CWD team went home earlier for they were able to finish the modules ahead of time.

On the second day was the continuation of the remaining modules and presentation by each district on the afternoon session. The CWD team was able to present their prepared WSP to the group for corrections or suggestions. The CWD team felt honored that the facilitator commended the prepared WSP of the group.

"The Carmen Water District came here with no idea on how and what a Water Safety Plan is all about and I felt happy and proud that they were able to come up with a good Water Safety Plan after this training. Thank you very much." The facilitator said.

On behalf of the Carmen Water District Board and Staff, we are so much



From left: Asst. Plumber Ronie L. Sumaoy, Meter Reader/Plumber Albino T. Conia, GM Jilberto C. Tupas & Cashier/Secretary Ronelyn P. Talibong during the brainstorming of making a WSP

thankful to the facilitators of Virtual Quintet Management Technologies Inc. for the very friendly development training. To the other water districts which were also competitive and cooperative and most especially to SURWADA for helping small water districts in financial aspects.

Good luck to all of us.



Hinatuan Water District Board of Directors came up a Resolution requesting two nurses from the municipal health office of Hinatuan to conduct free BP (Blood Pressure) check-up at Hinatuan Water District Office to the concessionaire every due date period only.



Hydrostatic Test was conducted by HWD personnel as part of the NG 2014 Project at brgy. Cantabon, Bitoon and Bgry. Dugmanon crossing. It is a way in which pipeline is being tested for strength and leaks. The test involves filling the vessel or pipe system with a liquid, usually water, which may be dyed to aid in visual leak detection, and pressurization of the vessel to the specified test pressure.



Deep Well drilling at Brgy. Tidman, Hinatuan Surigao del Sur by Hanna Via Construction Inc.

CIVIL SERVICE COMMISSION HELD GENDER SENSITIVITY SEMINAR (GSS)

By: Anthony O. Teves

The Civil Service Commission conducted a one-day Gender Sensitivity Seminar (GSS) last November 8, 2016 hosted by Lianga Water District held at Kansilad Beach Resort, Ganayon, Lianga, Surigao del Sur.

The Orientation Seminar attended by 32 participants who were General Manager, Administrative, Commercial, Operation/ Technical, and Finance officers and employees all Categories D Water Districts from Lianga and Tagbina.

Director Ruth Cabilogan- Beniga, MPSM, of Civil Service Commission - Surigao del Sur facilitated the seminar provided the participants with the fundamentals of Gender and Development (GAD) as articulated by Section 36(b) of RA 9710, otherwise known as the "Magna Carta of Women" mandates the creation and/ or strengthening of the Gender and Development (GAD) Focal Point System or similar GAD mechanism in all departments, including their attached agencies, offices, bureaus, state universities and colleges, government-owned and controlled corporations, local government unit, and other government instrumentalities to catalyzed and accelerate gender mainstreaming within the agency or LGU and the Philippine Commission on Women (PCW) issued Memorandum Circular No. 2011-01 dated October 21, 2011 which provided for guidelines for the creating, strengthening and institutionalization of Gender and Development (GAD) Focal Point System.

The main objectives of the seminar were: To develop



sensitivity in perceiving existing gender issues and inequalities, To recognize the differing situation and needs of women men and consider these in every action or decision they make, To deepen understanding on how and why women's rights and human rights, To introduce the participants and staff to each other, and To generate/ cull stereotyped images of women.

The scope of the seminars includes: Introduction to the seminar, Introduction to GAD, Pitik-Palak, Sex and Gender, Sapot ng Gagamba, MaSaLi, Ang Babae Sa Aking Buhay, and Ritual as Closing Ceremony.

Director Beniga distinguished the SEX as natural-distinguishing variable based on biological attributes; physical-genitalia, reproductive organs, genetic, chromosomes & hormones from GENDER for what masculinity and femininity socially determined, culturally defined which refers to the behavior.

It was indeed a fruitful seminar wherein the majority participants of men have greater knowledge especially in promoting the integration of women as full and equal partners of men in the development.

Lianga Water District (LIWAD) conducts tree planting in observance of the 116th Philippine Civil Service Anniversary

By: Anthony O. Teves

The Lianga Water District in observance of the 116th Philippine Civil Service Anniversary conducted various activities as it was anchored with this year's theme: "Sigaw ng Lingkod Bayani: Malasakit Para Sa Taumbayan, Kapwa Kawani, at Kalikasan." One of the activities is the tree planting which was slated on September 14, 2016 held at the Camangahan and Simulao watersheds in Barangay Ban-as and Barangay Diatagon respectively. With the collaboration of the DENR-CENRO Lianga through Forester Hernan P. Ramirez, the district acquired 200 seedlings of Mahogany plants from the St. Christine nursery. Since it is a one-day

activity, all LIWAD employees take part in the planting of trees and courageously walk the two water sources for almost 5 kilometers. It was adventurous perhaps the most memorable one since some employees experience their first time to personally visit the water sources of the district.

It is indeed an overwhelming accomplishment that as public servant we are duty bound to extend services to the populace and at the same time to be a good steward of the environment.



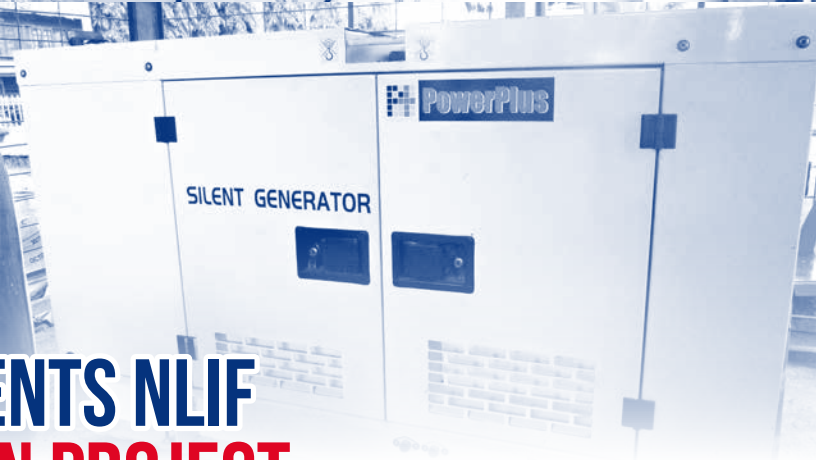


LIWAD personnel attended series of orientation, seminars & workshops of Water Safety Plan (WSP) for team assembly and manual crafting. By: Maricris M. Sierra

The Water Safety Plan (WSP) culminated by the World Health Organization (WHO) and water series of expert consultations on year 1956. The DOH Administrative Order No. 2014-0027 “National Policy on Water Safety Plan (WSP) for all Drinking-Water Service Providers”. Local Water Utilities Administration (LWUA) as an administrative governing body of Water Districts also issued Memorandum Circular No. 010.14 in support to the implementation of DOH Administrative Order No. 2014-0027. Water Safety Plan (WSP) is the most effective means of consistently achieving the safety of a drinking-water supply. The application of an extensive risk assessment and risk management approach that encompasses all steps in water supply system from sources, production, storage and conveyance to consumers will ensure safety of drinking water supply.

Lianga Water District Human Resource Unit sends personnel for the crafting, development, and assessment of the WSP. They have undergone series of seminars which the output is the Water Safety Plan Manual to be submitted to LWUA for fine-tuning/ critiquing thereafter to DOH for approval. The seminars are as follows: WSP Orientation on April 21-24, 2015 in Sun City Suites, General Santos City; WSP Development on September 29 – October 1, 2015 in Grand Regal Hotel, Km 7, Lanang, Davao City; WSP Orientation and Development on February 15-18, 2016 at Almont Beach Resort, Lipata, Surigao City; and WSP Development Training on November 10-11, 2016 at Kansilad Beach Resort, Lianga, Surigao del Sur.





MADRID WD IMPLEMENTS NLIF WATER SUPPLY EXPANSION PROJECT

By: Mary Ness A. Estrada

In line with the agency's mission and vision, Madrid Water District continues to provide safe and potable drinking water to the community by reaching unserved and underserved areas in Madrid, Surigao del Sur through implementation of Non-LWUA Initiated Fund (NLIF) Water Supply Expansion Project.

This source of funds enabled Madrid WD to invest in a new well and extend pipelines, as well as the capacity to build a 100 cu. m. elevated steel tank reservoir for

its concessionaires. The District was also able to buy a 20 kVa Generator Set, two (2) units chlorinator and two (2) units flow meter to provide water 24/7 to every household in the municipality.

As of this time, extension of pipelines to Barangays Panayogon and San Juan are on-going, to be followed by expansion to Barangays Patong-patong, Union and Songkit.

PROCUREMENT OF UPVC PIPES

By: Rhazelle C. Yaranon

The Tagbina Water District (TWD) which was included in the NG 2014 funding through the Local Water Utilities Administration (LWUA) has conducted a competitive bidding for the procurement of the Unplasticized Polyvinyl Chloride (uPVC) pipes.

The LWUA held a Pre-Bid Conference last July 30, 2015, 10:00A.M. at the Bidding Room, G/F LWUA Bldg., Katipunan Road, Balara, Quezon City to clarify and/or explain any of the requirements, terms, conditions and specifications stipulated in the bidding documents as well as answering the queries of the prospective bidders. The submission of bids was also announced and was scheduled on August 13, 2015 to be followed by the Bid opening after the closing of bid submission on the same day.

Submission of bids and bid opening were postponed on



August 25, in pursuant to Sec. 12.3 "Quorum" of the Revised IRR of RA9148.

Out of seven (7) prospective bidders that downloaded the Invitation to Bid (ITB) from PhilGEPS, four (4) acquired bidding documents and three (3) submitted their bids. Two (3) bidders complied with all the requirements for bid submission and were rated "Passed". Goodyear Steel Pipe Corporation was declared the Bid Winner having the lowest calculated bid.

BIDDING FOR EXCAVATION AND BACKFILLING

By: Rhazelle C. Yaranon



The Department of Budget and Management (DBM) through Local Water Utilities Administration (LWUA) has granted the Tagbina Water District funds amounting to 15 Million Pesos for its Water Supply System Improvement Project.

In connection to this, the TWD conducted a public bidding for the Excavation and Backfilling of 12,912 linear meter trench for the proposed pipe laying of various uPVC pipes ranging from 50mm to 100mm.

The eligibility check and the evaluation of bids were conducted on May 30, 2016, by the Bids and Awards Committee of Lianga Water District and participated by the COA Representative Mr. Anbert Angelo C. Cayna, Kagawad Member Mr. Marcelino Mendez and TWD employees.

There were two (2) bidders who purchased the bid documents and submitted their bid proposal. The BAC declared the RDF Construction and Supply as the winner

having the lowest Bid Proposal.

The BAC recommended the TWD to issue the Notice of Award to RDF Construction and Supply and asked to post their Performance Security. To follow up, GM Ildefonso C. Albarracin personally visited the given address and called the telephone no. contained in the letter of intent but the address given can't be located and the Tel/Fax No. is not in service anymore.

Due to the failure of the RDF to submit and comply with the requirements, the TWD requested the BAC of Lianga to declare the bidding as failure.

The Tagbina Water District proceeded to the second bidding. The deadline of submission and the Opening of Bids were scheduled on August 30, 2016. There were two (2) interested bidders. After thorough evaluation, the BAC declared ROIM Builders and Construction Supply as the winning bidder.

TREE PLANTING ACTIVITY LAUNCHED BY TANDAG CITY WATER DISTRICT IN COMMEMORATION OF WORLD WATER DAY 2017

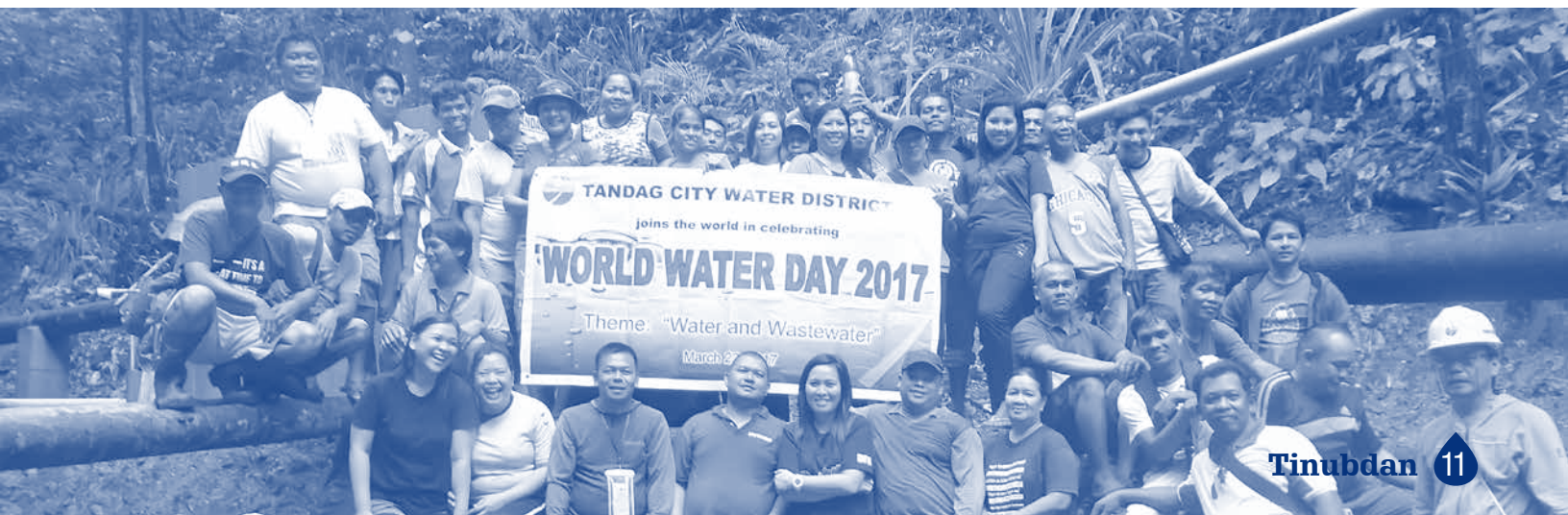
By: Gretchen N. Baghari

Water sustains life. Everyone has a right to water. Water is defined under Article 13 of the Water Code, as "the privilege granted by the government to appropriate use of water." These privileges were recognized by United Nations during its General Assembly in 1993 and March 22 was officially declared as World Water Day.

With these, the Tandag City Water District spearheaded the local Tree Planting activity on 31 March 2017, bringing the theme from the National "Water and Wastewater". The Provincial Environment and Natural Resources Office (PENRO) in line with their National Greening Program (NGP), headed by Forester Edgar S. Valentin and King Energy Generation Incorporated (KEGI) Power plant joined in celebrating the World Water Day.

The 67 employees of the District together with our partners started to hike going to Ihawan Spring Community Watershed and simultaneously planted trees beside the creek. A total of 300 native trees like narra and giant bamboo were planted during the gathering. These species are highly valued internationally for its toughness and strength.

In every tree planting activity of the District which is done annually, the goal is to bring back the original forest and protect the unique plants and animals that live in the 786 hectare community watershed. By bringing it back to its original form, watershed is preserved and protected which means we are also bringing back the abundant supply of water that can be sourced out from there.



Human existence is unthinkable without water; some worrying facts about water on **World Water Day**, Mar 22

**THINK TWICE
BEFORE WASTING THIS
RARE RESOURCE**



650 mn

people don't have access to safe drinking water



900

under-5 die in a day because of diarrhoeal diseases or 1 child every 2 minutes!



1 in 10

people lack access to safe water



125 mn

hours are spent



EARTHQUAKE!!!

(Are you prepared?)

Do you know that about 20 earthquakes are recorded daily in the Philippines? Most of these earthquake however, are unfelt and can only be detected by an instrument called seismograph.

Earthquakes cannot be prepared, but we can prepare for them.

Always remember these basic things to do before, during and after a strong earthquake:

BEFORE

The key to effective disaster prevention is planning:



- ✓ Know the earthquake hazards in your area.
- ✓ Follow structural design and engineering practices when constructing a house or building.
- ✓ Evaluate the structural soundness of the buildings and houses; strengthen or retrofit if necessary.

Prepare your homes, workplace or schools:

- ✓ Strap or bolt heavy furniture/cabinets to the walls.
- ✓ Check the stability of hanging objects like ceiling fans and chandeliers.
- ✓ Recalcitrant items, harmful chemicals and flammable materials should be stored properly in the lowermost secured shelves.
- ✓ Always turn off the gas tanks when not in use.



Familiarize yourself with the exit routes and places where fire extinguishers, first aid kits, alarms, and communication facilities are located. Learn how to use them beforehand.

Prepare a handy emergency supply kit with first aid kit, canned food and can opener, water, clothing, blanket, battery-operated radio, flashlights and extra batteries.

Conduct and participate in regular earthquake drills.

DURING

STAY CALM.

When you are **INSIDE** a structurally sound building or home...**STAY THERE!**

Do the "DUCK, COVER and HOLD".



- ✓ If possible quickly open the door for exit.
- ✓ Duck under a sturdy desk or table, and hold on to it, or protect your head with your arms.
- ✓ Stay away from glass windows, shelves, cabinets and other heavy objects.
- ✓ Beware of falling objects. Be alert and keep your eyes open.

If you're **OUTSIDE**, move to an open area!

- ✓ Stay away from trees, powerlines, posts and concrete structures.
- ✓ Move away from steep slopes which may be affected by landslides.
- ✓ If you're near the shore and feel an earthquake, especially if it's too strong, move quickly to higher grounds. Tsunamis (giant sea waves) might follow.



If you're in a moving vehicle, **STOP** and get out! Do not attempt to cross bridges, overpasses, or flyovers which may have been damaged.

AFTER

Be prepared for aftershocks. Once the shaking stops, take the fastest and safest way out of the building.

Don't...

- ...use elevators.
- ...enter damaged buildings.
- ...use telephones unless necessary.
- ...PANIC.

Check...

- ✓ yourself and others for injuries.
- ✓ water and electrical lines for damages.
- ✓ for spills of chemical, toxic and flammable materials.
- ✓ and control fires which may spread.



If you need to evacuate your residence, leave a message stating where you are going and bring your emergency supply kit.

Keep updated on disaster prevention instructions from battery-operated radios.



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