



5-minute safety talk

What Are **Tsunamis**?

Tsunamis are series of giant ocean waves caused by earthquakes or volcanic eruptions under the sea. They occur in coastal areas, particularly by Pacific and Caribbean waters.

Tsunami waves can reach over 100 feet high onto land and travel as fast as an airplane (450-600 miles per hour). These walls of water can cause widespread destruction, injuries and deaths on land. Drowning is the most common death.

What Is a Tsunami **Watch**?

With a tsunami watch, the level of danger from an earthquake is unknown, so the severity of the potential of the wave is also unknown. The warning may escalate or be canceled.

WHAT TO DO

- Wait for further instructions and monitor media outlets to stay on top of a potentially rapidly changing situation.
- Be prepared to take action and move to higher ground.

What Is a Tsunami **Warning**?

A warning is issued when monitoring detects a tsunami wave.



Visit [nsc.org/members](https://www.nsc.org/members)
for more safety tips

EVACUATE THE AREA

- If you are outdoors, stay away from power lines and try to move to the most open area on higher ground.
- If you are driving, stop and park away from traffic, overpasses, power lines and anything else that can come into contact with your vehicle. Ensure that you are on higher ground.
- Once the shaking from the earthquake stops, quickly move inland to higher ground.

WHEN THERE IS NO TIME TO EVACUATE

- Stay in your work area. Do not move to another room or outside the building. Moving could put you in danger from falling or flying objects – the most likely way to be injured.
- Keep away from windows, outside walls and electronics.
- Drop down to your hands and knees so you are not knocked down.
- Cover your head and neck at minimum under the shelter of a desk/table or by an inside wall.
- Hold on to the shelter until all movement has stopped. If you end up in water, grab something that floats and hang on tightly to keep above the water. Wait for rescue.