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Nov. 13 Earthquake Exercise Offers Record-Setting Opportunity, Life-Saving Practice

By NED RACINE, Editor

(Nov. 4, 2008) If you've always wanted to set a record—something that would make the *Guinness Book of World Records*—your chance arrives on Nov. 13.

You won't have to swallow goldfish or join your friends squeezing into a Volkswagen Beetle. And you might end up saving your own life.

On Nov. 13, 10 a.m. to be exact, Metro will ask Gateway Tower employees to join in the [Great Southern California Shake Out](#), billed as the largest earthquake preparedness activity in U.S. history!

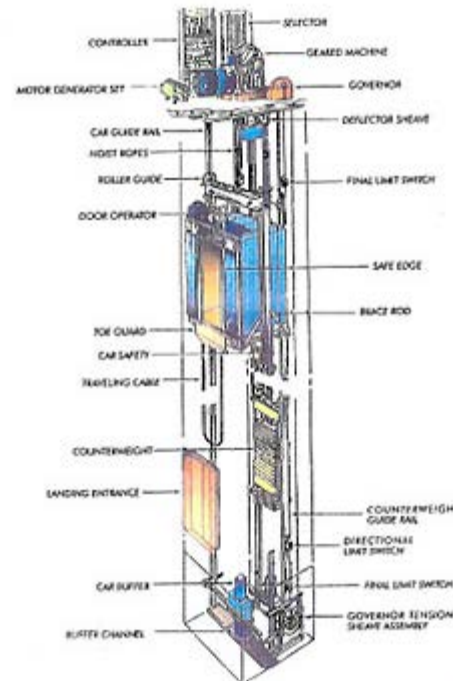
According to the Shake Out website, "millions of people in homes, schools, businesses, government offices, and public places all over Southern California will [Drop, Cover, and Hold On](#)," the standard exercise for protecting oneself from falling objects released by a temblor.

"It's very important for employees to participate because in a stressful situation, such as a seismic event, staff may begin to panic and forget something that hasn't been practiced," said Brian Soto, DEO, general services. "Practicing for emergency events will train the employees in what to do during and following the event."

One thing to do may involve staying put. "During an earthquake, many people are injured by falling building pieces," Soto said. "Often the safest place to be is inside a high-rise, particularly near the core of the building."

With predictions of The Big One seemingly on the lips of all geologists, the Great Southern California Shake Out hopes to encourage Southern California residents to cover and protect themselves at the first jolt of a quake, without waiting to learn if the earthquake is large. By the time of that realization, it might be too late to protect yourself.

Phyllis Meng, facilities maintenance supervisor, reminds Gateway Tower employees to Drop, Cover and Hold On whenever they feel an earthquake. She also reminds employees to move away from windows, even though



There is often a delay bringing elevators back in service after an earthquake because the equipment must be inspected before they can run.

the Gateway Tower windows hold safety glass designed to crumble rather than fragment.

“If you are in an elevator, sit down and hang on,” she adds. “Sometimes that’s all you can do.”

And following an earthquake in the Gateway Tower, Meng recommends a little patience.

Even though your area might seem unaffected, Building Services must inspect each floor and all the equipment throughout the building, including equipment on the roof. Elevators must be inspected before they can begin carrying passengers again. Those inspections take time.

Scott Norwood, emergency & homeland security preparedness manager, has other [earthquake tips](#) for home and business.