Safety Orientation
Dr. Tim Auran, Panel Member

Earthquake
Know the safest places to drop, cover, and hold, such as under sturdy desks and tables.

Fire
Know your exits, escape routes, and evacuation plan. If safe to do so, use your compliant fire extinguisher. Exit the house and call 911.

Diablo Canyon Fire personnel in attendance

Active Shooter
Get out, hide out, take out, and call 911.

SLO County Sheriff deputies in attendance

Medical Emergency
Know who can perform first aid and CPR. Call 911 if you’re alone or share your location with the call leader to send help. If you have an AED, ensure you and others in your household know where it’s located and how to use it.

Psychological Safety
✓ We care for each other.
✓ Look out for one another.
✓ Create a safe space for all.
✓ Welcome new ideas from everyone.
✓ Practice self-care.

Ergonomics
✓ Practice 30/30 (every 30 minutes, move & stretch for 30 seconds).
✓ Ensure proper ergonomics.
✓ Use and update RSI Guard.

COVID-19
✓ Wash hands frequently
✓ Wear a mask when required
✓ Get vaccinated if you are able to
✓ Follow current CAL-OSHA regulations and local county health orders.