

## RESCUE NET project

ERASMUS+ - Small-scale partnerships in adult education (KA210-ADU)

CIVIC PROTECTION PROTOCOLS – KAPAKLY MUNICIPALITY

### Earthquake Training Protocol for Persons with Disabilities

Earthquakes have wide-ranging destructive effects on individuals and society. While every person is negatively affected by such disasters, persons with disabilities face greater challenges during the process. Earthquakes and disability conditions cannot be prevented, but the destructive consequences of disasters can be reduced. It is well known that persons with disabilities are among the groups most affected by earthquakes.

In general, disaster and emergency planning consists of four main stages: **Mitigation, Preparedness, Response, and Recovery**. Mitigation and preparedness cover the period before disasters, response covers the period during disasters, and recovery covers the period after disasters.

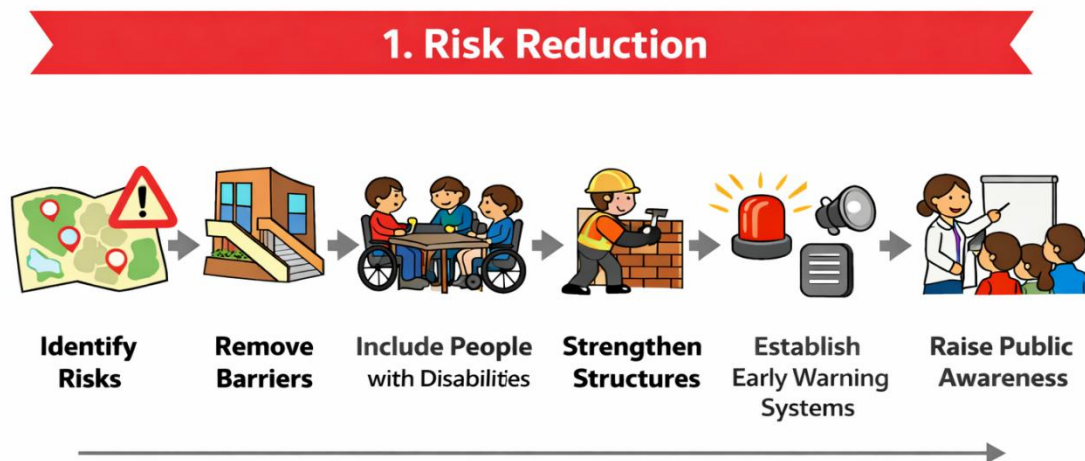
### Earthquake Process for People with Disabilities



## 1. Mitigation

To reduce problems faced by persons with disabilities during an earthquake or other disaster, preparations must be made in advance. Risks should be minimized, and persons with disabilities must be included in planning efforts. Physical barriers in buildings should be removed, architectural accessibility ensured, and existing structures adapted to the special needs of persons with disabilities. These measures increase resilience and survival chances. Such precautions are the responsibility of municipalities and the state, with support from experts.

Activities include: developing and modernizing disaster scenarios and action plans, reviewing and revising relevant legislation, clearly defining duties and responsibilities, planning inter-agency coordination, establishing early warning systems, identifying resources, preparing crisis response plans, raising public disaster awareness through multi-dimensional education, and implementing measures to reduce negative impacts.



## 2. Preparedness

The most important way to be prepared for earthquakes is to increase disaster awareness. Considering that professional teams may not intervene for 72 hours, a **support network** should be established with family, relatives, friends, neighbors, local officials, public servants, and volunteers. This network should be trained by professionals.

Persons with disabilities should take the following measures:

1. Secure items at home or workplace that may cause harm during an earthquake.
2. Learn how to shut off gas and electricity systems if possible.
3. Identify safe areas to form a “life triangle” (e.g., next to durable appliances such as washing machines).
4. Install audible evacuation warning systems for the visually impaired.
5. Identify helpers for post-earthquake assistance.
6. Determine a first meeting point after the earthquake.
7. Keep communication devices accessible and fully charged, especially for persons with physical disabilities.
8. Prepare an emergency kit including basic medical supplies, notebook and pen, information cards for persons with hearing or speech disabilities (with photos, medical conditions), a whistle, portable FM radio, medications, water, food, flashlight, power bank, underwear, copies of important documents (ID, title deed, prescriptions), and other necessary items.
9. Keep assistive devices (walker, cane, wheelchair) within reach at night.
10. Request evacuation plans from authorities in workplaces, schools, or public areas.
11. Conduct evacuation drills twice a year.
12. Learn emergency phone numbers (in Türkiye: 112).

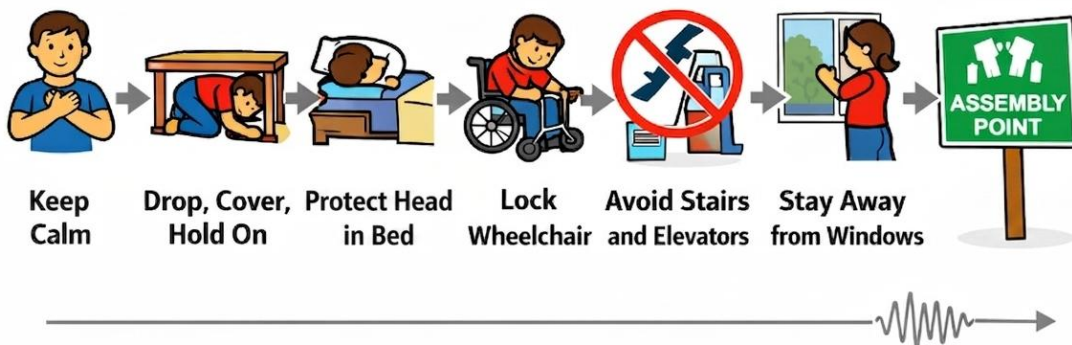


### 3. Response (During Earthquake)

Earthquakes are unpredictable. When shaking is felt, the first step is to remain calm. Prior drills reinforce correct behavior and help maintain composure.

- Take the **Drop, Cover, Hold On** position or minimize your profile.
- Bedridden persons should cover their heads with pillows or soft materials.
- Wheelchair users should lock the wheels, lean forward, and protect their heads with their arms.
- If caught while sleeping, wear shoes kept near the bed to avoid injuries from broken glass, then move calmly to a safe area and follow the evacuation plan after shaking stops.
- Do not use stairs or elevators during shaking.
- Do not jump from balconies or windows.
- Evacuate through predetermined safe routes.
- If possible, shut off gas, electricity, and water before leaving.
- Notify your support network and do not re-enter buildings until authorities declare safety.
- If trapped under debris, remain calm, avoid unnecessary movement, and protect yourself from sharp objects. Make noise by hitting hard surfaces or use a whistle if speech-impaired.

### 3. Response (During Earthquake)



#### 4. Recovery (After Earthquake)

Recovery begins after response and is usually the longest phase. It includes temporary shelter, healthcare, socio-economic support, and infrastructure repair. Permanent housing projects and normalization of life require cooperation between central and local governments.

To save lives and prevent permanent disabilities, injured persons must be identified and treated. Persons with disabilities in camps or shelters should be supported, especially those who lost families or homes. Injuries that may cause disabilities must be monitored and rehabilitated. National healthcare and rehabilitation resources should be used, and newly disabled individuals directed to appropriate centers.

Needs of persons with disabilities should be analyzed in advance, and resources allocated accordingly. Psychological support, assistive devices, and rehabilitation infrastructure must be prepared. Community-based rehabilitation services should ensure equal access to basic needs.

After disasters, support networks, homes, or relatives may be lost, leading to economic and psychological difficulties. Post-Traumatic Stress Disorder may occur. It is important to know institutions responsible for recovery and rehabilitation. In Türkiye, the coordinating authority is the **Disaster and Emergency Management Authority (AFAD)**. Timely delivery of resources requires accurate assessment of disaster impact and needs.



#### Conclusion

Earthquakes pose special risks for persons with disabilities and require preparedness. This protocol outlines methods for mitigation, preparedness, response, and recovery to enhance safety. Through education, drills, and community-based support mechanisms, resilience against disasters will be strengthened, lives protected, and recovery accelerated.