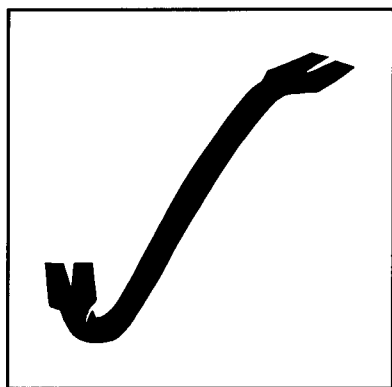


ESP FOCUS



CROWBAR



WHY

Family members, friends and co-workers could be trapped behind doors or under debris and other heavy objects as a result of an earthquake. In addition, exit routes may be blocked by fallen furniture or debris. The proper use of a crowbar could greatly aid in rescuing a trapped person or clearing exit paths.

Follow the tips below when you use crowbars or other levers to rescue persons trapped at home or in your office or to remove objects blocking exit routes.

EQUIPMENT

Use available materials such as straight crowbars, chunks of rubble or pieces of wood for leverage and cribbing. Be sure to use work gloves to protect your hands.

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CAUTION

Crowbars will help you reach trapped individuals. If, however, heavy objects are pinning victims, it is extremely important to have medical personnel on the scene **before** you attempt to lift the heavy objects. (Shock to the victim could be fatal.)

USE

- The lever lifting system involves:
 - Force (your strength)
 - A crowbar or other lever
 - A fulcrum (solid object such as a large chunk of solid debris used as a pivot point)
- Different types of levers require different placement of the fulcrum. If you are using a straight crowbar, for example, place the fulcrum (pivot point) as close to the object as possible and as far away from the force (you) as possible.
- Place the flat end of the bar safely underneath the edge of the object you need to lift. **NEVER** place your hands, fingers, feet or other body parts under the object.
- Place the fulcrum (pivot object) underneath the bar, close to the object. Push down on the end of the bar nearest you.
- **BE SURE** to have a partner safely place cribbing material such as wood underneath the heavy object as you lift. The rule of thumb is "lift an inch, crib an inch." There are several cribbing methods. The simplest is a box crib, with 2x4's or 4x4's arranged in a tic-tac-toe pattern. Build up the crib inch by inch. **BE SURE** to receive expert instruction on how to properly crib under a heavy object. Proper cribbing can save lives and reduce critical injuries to rescuers and victims.

Source: Michael D. Douglass, Urban Search and Rescue Program, California Office of Emergency Services

January 1991 Action:
Store Work Gloves and Sturdy Shoes
Contact a SCEPP office or a county ESP coordinator for a January 1991 Focus Sheet.

This action sheet is produced as part of the Earthquake Survival Program (ESP). ESP is an awareness campaign designed to increase individual and home earthquake preparedness. ESP was developed by the county of Los Angeles and is coordinated by the Southern California Earthquake Preparedness Project and representatives from Kern, Imperial, Los Angeles, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara and Ventura counties.

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Things to do in '92



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