



**Natural Hazards
Commission**
Toka Tū Ake



How to make the bedrooms where your children sleep safer before an earthquake



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About this Easy Read



This Easy Read is from the **Natural Hazards Commission Toka Tū Ake**.



The **Natural Hazards Commission Toka Tū Ake** works to make **natural hazards** less harmful for New Zealanders.

They do this by:

- paying **insurance** if your home is damaged by a natural hazard
- giving New Zealanders information about how to make their homes safer from natural hazards.



Natural hazards are natural events that could do a lot of harm like:

- earthquakes
- floods.

Insurance is money you get paid if something bad happens like:

- being robbed
- an earthquake
- your house burning down.

This Easy Read is about how you can make sure the bedroom is a safe place for your child in an earthquake.

Earthquakes are a normal part of living in Aotearoa New Zealand.



Most earthquakes:

- are small
- do not cause much damage.



A big earthquake could happen at any time.



Children spend a lot of time in their bedrooms.



It is important to make sure their bedroom is a safe place to be in an earthquake.

How to make the bedroom safe before an earthquake



Do not put the bed / cot next to a window.

Glass could break in an earthquake.

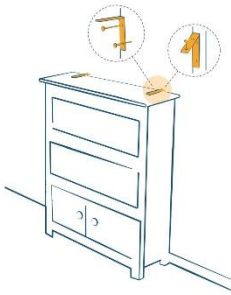


Your child could get hurt by broken glass if they are sleeping next to the window.



Attach tall heavy furniture to the wall like:

- drawers
- bookcases.



You can buy tools to attach furniture to the wall from a hardware store.



Make sure the furniture is attached to the **wall stud**.

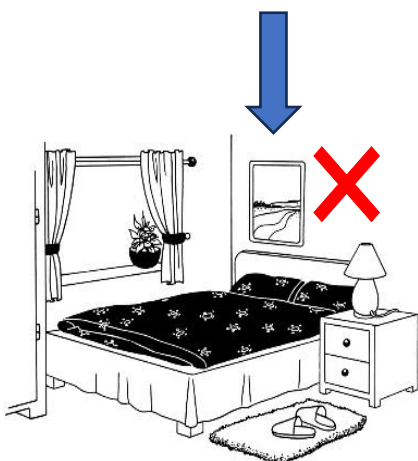
The **wall stud** is the wooden frame inside the wall.



If you are renting your home:

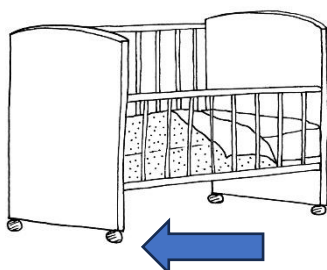
- it is okay to attach furniture to the wall
- you need to check with your landlord before you attach furniture to the wall.





Do not put things above the bed / cot that could fall on your child like:

- shelves
- mirrors
- heavy pictures.



Lock the wheels if the bed / cot has wheels.

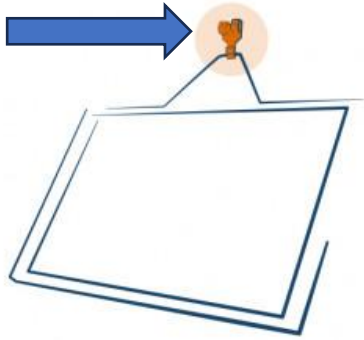


If the wheels are not locked the shaking during an earthquake could make the bed / cot move.



Use the right hooks to hang:

- artwork
- mirrors.



The right hooks:

- are closed so things cannot fall off the hook
- are strong enough to hold the thing you are hanging.

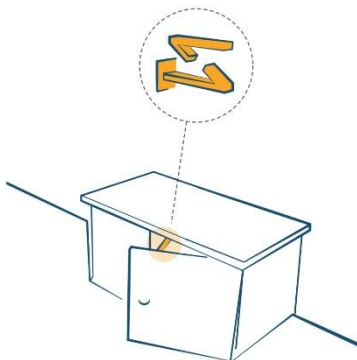


Do not hang artworks on single nails.



Keep heavy items on low shelves.

This means heavy items cannot fall during an earthquake.



If you can use latches to keep:

- cupboards closed
- drawers closed.

What to do during an earthquake



If you feel an earthquake:

- drop to the ground if you can



- cover your:

- head

- neck



- get under strong furniture like a table if you can



- hold on to the furniture you are under until the shaking stops.



If you have a baby / young child with you:

- hold them close to you
- protect your own:



- head
- neck.

More information



This **website** has more information about how to keep young children safe in an earthquake:

<https://tinyurl.com/2f86fxda>



This website has more information about how to get your home ready for an earthquake:

<https://tinyurl.com/4de7makm>



These websites are **not** in Easy Read.



This information has been written by the Natural Hazards Commission Toka Tū Ake.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



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