

Make your child's room safer before an earthquake

Earthquakes are a normal part of life in New Zealand. Most are small and cause little or no damage, but stronger earthquakes can happen at any time.

Children spend a lot of time in their bedrooms, so making these changes can make a big difference in creating a safer space for your child.

Safer bedrooms checklist

- ☐ Move heavy items from high shelves to lower storage where they can't fall.
- ☐ Secure tall or heavy furniture such as drawers and bookcases to wall studs (the timber frame behind the wall) using furniture safety straps or brackets. You can buy these at hardware stores.
- ☐ Place your child's cot, bassinet, or bed away from windows. Glass can break in an earthquake.
- ☐ Keep the space above your child's bed clear. Remove shelves, mirrors, and heavy pictures.
- ☐ Lock castors on cots or beds if they have wheels, so they won't move during shaking.
- ☐ Hang artwork or mirrors using proper closed hooks designed for the weight. Avoid hanging artwork on single nails.
- ☐ Use latches or catches on cupboards and drawers where possible, to help keep them closed.

If you are renting your home, you can still secure furniture. Just check with your landlord first.



What do when an earthquake happens

The best way to protect yourself is to Drop, Cover, and Hold.

Drop to the ground, cover your head and neck under sturdy furniture if possible, and hold on until the shaking stops.

If you are with a baby or young child, hold them close against you while protecting your own head and neck.