

## WORST-CASE SCENARIO.

# HOW TO ESCAPE A STOCKROOM AVALANCHE

- 1 Position your head on your chest.**  
Immediately move your head down, touching your chin to your chest, as soon as you hear shelves creaking or detect objects falling.
- 2 Protect your head.**  
Bring your arms up over your head. Clasp your hands together behind your head and bring your elbows together in front of you. Keep your chin down and your arms over your head at all times.
- 3 Run toward the door.**  
If you see a relatively clear path of escape, proceed to the door as quickly as possible.
- 4 Find a safe spot.**  
If you cannot escape the room, move to the center of the floor, away from shelves, or take cover near shelves holding softer items.
- 5 Drop and curl.**  
Lie down and assume the fetal position, with your arms covering your head. Allow lighter, lower objects to cover you and give you protection from heavier objects falling from higher shelves.



*Run.*

## HOW TO EXTRICATE YOURSELF FROM AN AVALANCHE

- 1 Move slowly.**  
Crawl on your hands and knees, maintaining a low profile. Expect a secondary slide. Avoid sudden movements that may cause precariously perched items to fall.
- 2 Check for injuries.**  
Feel your arms, legs, torso, and hands. Wiggle your toes, flex your fingers, and bend your arms and legs slightly. Make sure nothing is broken before you get up.
- 3 Move debris.**  
Push fallen items to the side. Be careful not to jar shelves or you risk another slide.
- 4 Stand up.**  
Step over and around items and make your way to the door.
- 5 Exit the stockroom.**  
Do not slam the door. Warn others of the danger.