



Earthquake



Action manual from earthquake occurrence to evacuation/ after evacuation

— Do not panic even when an earthquake occurs. —

Earthquake occurred!

Earthquake tremors centered on the Nankai Trough are expected to continue for about 100 to 180 seconds.

1 First, protect yourself



Protect your head with a cushion. If you hide under a sturdy desk or table, hold its leg firmly.

2 Secure emergency exits



Open the entrance and window to secure a way of escape.

Evacuation action according to the situation

If you are at school

Classroom Protect yourself from falling objects by hiding under a desk, and follow the teaching staff's instructions without taking any selfish actions, such as running out.

Corridor, entrance, staircase Enter a nearby classroom and hide under a desk. If you cannot move due to a large swing, keep away from glass windows or fluorescent lights to protect your head. Move away from nearby shoe cupboards and lockers, if any. It is dangerous to hurry on the stairs. Squat down where you are and wait for the earthquake tremors to stop.

Playground Quickly move away from the fence of the school building, etc., and gather at the center of the playground.

Gymnasium Squat in the center of the room while paying attention to falling objects, and protect your head.



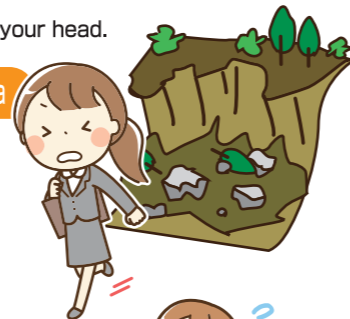
If you are in the workplace

In the workplace, keep away from cabinets, shelves, lockers, copy machines, etc. Protect your head and hide under a desk to protect yourself. Be careful of falling OA equipment.



If you are in a mountainous area

Move to a safe place as soon as possible. The speed of debris flow is fast, so when you escape, you should run at a right angle to the direction of the landslide.



If you are driving a car

Hold the steering wheel firmly, slowly reduce your speed, and park on the left side of the road. Do not leave your car until the tremors subside, and obtain information from the radio. When you leave your car, keep the key inserted, because emergency vehicles will pass.



If you are in outdoors

Concrete block and stone fences may collapse due to strong shaking. If you feel the tremors, move away from the fence. Pieces of broken glass, signboards, etc. may fall. Watch your head.



After shaking subsides

Confirm the safety of your family after the shaking subsides

1 Put on shoes or thick-soled slippers



Put on shoes or thick-soled slippers to protect feet from pieces of broken glass and clutter.

2 Confirmation of family safety

Check whether family members are not crushed under furniture.

3 Check of fire source

Tighten the gas tap and turn off the breaker. If a fire comes out, carry out early fire extinguishing without getting into a panic.



1 Call to your neighbors



Check whether there is not any person who is injured or missing.

2 火災時には協力して初期消火



In areas where there is no danger of inundation due to tsunami, loudly inform neighbors of the fire and cooperate with them by means of fire extinguishers and bucket relays to extinguish initial fire.

Check your neighbors' safety while paying attention to aftershocks

Gather accurate information without being misled by false rumors

1 Listen to correct information



Gather accurate information using the radio, etc. Check information from the city government, fire department, police, voluntary disaster prevention organizations, etc.

2 For telephone calls, give priority to emergency contact

Avoid using telephone without careful consideration, and use "Disaster Emergency Message Dial 171" or the like to confirm someone's safety.



1 Establishment of a system for first aid cooperation in the community

2 Do not enter a collapsed house or a house with a risk of collapse.

3 Secure water and food



Always store drinking water and food for a week in case of emergency.

4 Gather disaster information and damage information



After evacuation, act with the spirit of cooperation

Indoor safety measures

- **Plan furniture layout**
Do not place a lot of furniture in your living space.
- **Fix household appliances and furniture**
Fix them with L-shaped brackets, etc. and attach a non-slip device to shelf boards. Attach a glass protective film to the glass door. Devise ways to prevent doors from being opened by vibrations, such as attaching brackets. Secure the TV in a low position.
- **Basic centralized storage**
Use built-in storage as much as possible in your living space.
- **Secure evacuation space**
Plan your furniture layout so that doors and evacuation routes are not blocked.



Safety measures for houses

- **Concrete block fences, etc.**
Do the concrete block fences and gateposts properly contain reinforcing steel? Is the foundation robust? If there are any cracks or leaning, repair them.
- **Outside walls**
Are there any cracks, corrosion, or floating? Repair these problems, if any.
- **Roofs**
Are there any cracks, distortion, peeling, etc.? Secure the antenna properly
- **Propane gas**
Secure propane gas cylinders with chains or specially designed fittings.

