



# Emergency Procedures – Earthquake

## GET READY

### Keep your house 'safe'

A large number of lives are lost in quakes simply because of residents being crushed or trapped by falling furniture.

- DO arrange the furniture in your house to minimize the risk of it falling in a quake. Using braces and brackets will help secure large furniture.
- DON'T use high places as storage areas for heavy or delicate objects.

### Fire-Proof

The majority of fatalities in earthquakes are actually the result of fires. Take all necessary precautions to avoid this risk.

- DO turn off your gas supply when not using it (simply turn the knob at the back of your stove).
- DON'T leave appliances on when you fall asleep. Yes, including your heater.

### Know where to go.

- DO find out where your local 指定避難所 *shiteihinanjo* is (likely to be a school) and make sure you know how to get there.
- DON'T wait until it happens to plan an escape route.

### Have the necessities at hand.

- DON'T put off preparing your survival kit. Get your survival kit ready. Now.
- DO keep a pair of slippers/shoes in your bedroom so that should a quake strike, you can quickly protect your feet from broken glass and other nasties.

## DURING

- DO remember that small rooms offer more protection than large ones (relating to area of unsupported ceiling).
- DON'T run from your apartment/house. Other dangers from falling buildings/masonry/trees may exist, and you can't be sure of these until the quake has ceased.
- DO try to cover your head - a sturdy table is your best option, but you can also use a pillow/cushions to protect yourself during the quake.
- DON'T assume that the doorway is the safest place - especially in older apartments, weakened door jams can collapse with terrifying results.
- DO turn off all gas lines as soon as possible.
- DON'T stand near windows or glass doors.
- DO open ALL doors as soon as possible.
- DON'T use elevators, and avoid stairs where possible.
- DO expect aftershocks.
- DON'T panic. This one's a cliché for a reason. Breathe deep and wait for the tremor to end, then regroup, check all the above items, and plan your next move.



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### AND THEN...

Please realise that the following information is primarily relevant from major quakes, in minor tremors you are advised to survey the area, determine whether or not your apartment is still safe, and to contact your supervisor if you are unsure as to how to proceed.

<input type="radio"/>	DO (depending on the damage to your building) switch on the television and see what information you can find there.
<input checked="" type="radio"/>	DON'T forget your emergency kit and shoes.
<input type="radio"/>	DO evacuate on foot and cooperate with neighbours who are doing the same.
<input checked="" type="radio"/>	DON'T continue to drive if you are in a vehicle. Turn off the engine, leave the doors unlocked and the keys in the ignition, and make your exit on foot.
<input type="radio"/>	DO make contact with your supervisor and PA once you have arrived at a 'safe' destination. Use the Disaster Message Boards to contact friends and leave messages for relatives/other concerned people.
<input checked="" type="radio"/>	DON'T assume the worst. Natural disasters can down all kinds of communication lines, and not being able to contact somebody doesn't necessarily indicate injury or fatality. Leave your message, and try to contact others in your area.
<input type="radio"/>	DO be patient and understand that sometimes relief efforts take time. Your assistance in these will always be greatly appreciated.