

# 10 TIPS FOR EARTHQUAKE SAFETY



## When You Feel A Quake Or Hear The Emergency Earthquake Warning...

### QUAKE! Protect Yourself First.

- Be prepared and protect yourself from an earthquake when you hear an earthquake warning announcement or feel a quake.
- Stay under a large table until a quake is gone. Keep yourself safe from falling or moving objects during a quake.



[High-rise Building with 10 or More Floors]

- Upper floors may be shaken for several minutes.
- Large, slow shakes may let the furniture fall down or move across the room.

### Right After An Earthquake

#### Keep Calm. Check All Fire Sources. Put Out Fire Quickly.

- If you were using any sources of fire or heat, turn them off when the shaking calms down.
- If a fire starts, put it out quickly and calmly.



#### Keep Calm. Panic May Cause You Injuries.

- Be careful of fallen objects or shattered glass in the home.
- Stay inside. Roof tiles, broken window glass or signboards may fall down and hit you.



#### Make Sure You Have Ways Out: Open Doors And Windows.

Secure an exit for escape when the shaking stops.



#### Keep Away From Gateposts And Walls.

If you feel an earthquake outside, stay away from concrete walls and other objects which may fall over.



### After An Earthquake

#### Stay Away From Fires And Tsunami.

- Take refuge in a temporary assembly spot or an evacuation area when a fire may threaten your life in the community.
- Leave the coast as soon as possible for a higher, safer place when you are hit by a big quake or hear a tsunami warning at the seaside.



#### Get The Right Information. Take The Right Action.

Get accurate information from radio, television, fire stations, local authorities, etc.



#### Make Sure Your Family And Neighbors Are Safe.

After you confirm your family's safety, check if your neighbors are all right.



#### Work Together On Rescue And First Aid.

Work with your neighbors to free victims from under debris or fallen furniture and to give first aid.



#### Make Sure Electricity And Gas Are Off Before Evacuation.

Turn off circuit breakers and the gas at the main before you evacuate.





# 10 WAYS TO PREPARE FOR AN EARTHQUAKE

## Secure furniture so it can't fall over or fall down.

- Fix furniture, TVs and personal computers firmly in place to keep them from moving or falling over.
- Set furniture in places so as not to cause injuries or hamper your escape.



Various fall prevention methods

## Plan safety measures to avoid injuries.

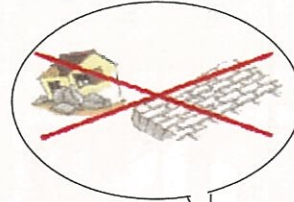
- Keep slippers and sneakers nearby for safe escape.
- Keep a flashlight handy in case of power failure.
- Take measures to keep cupboard and window glass from shattering and scattering.

Broken glass can cut your feet.



## Confirm the strength of your house and walls.

- Have your home inspected for earthquake safety and reinforced if necessary.
- Reinforce concrete and block walls so they won't collapse.

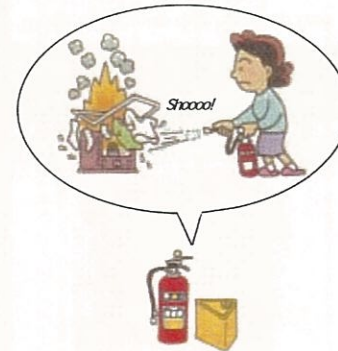


Brace for an emergency.



## Always be ready to extinguish fires.

- Have a fire extinguisher ready and keep water in the bathtub in case of fire.

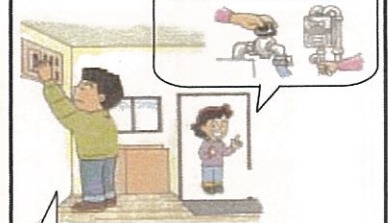


Prepare to fight small fires quickly.

## Take steps for fire prevention and early detection.

- Install fire alarms in your home for early warning.
- Keep electrical appliances unplugged when not in use.
- To prevent electric or gas fires, install circuit breakers or outlets with a seismic shut-off function.

Shut off the gas main, too.



Check the circuit breaker.

## Prepare emergency supplies in advance.

- Know where your emergency supplies are.
- Plan how to utilize ordinary items such as car jacks and radios in an emergency.

Store three days' worth of food.



## Discuss emergency planning with your family.

- Decide each family member's role in case of an earthquake: fire prevention, initial fire fighting, and other tasks.
- Decide means of contact with your family if separated and where to reunite.
- Confirm evacuation sites and routes as a family.
- Discuss with your family how to prepare to cooperate with your neighbors.

Ok!

Meet at the park.



## Know potential hazards in your area.

- Prepare evacuation maps of your home and neighborhood.
- Know potential hazards in your area.

Let's make a hazard map of our area.

Where are dangerous places?



## Keep informed about disasters.

- Keep yourself informed about disasters via newspapers, television, radio and the Internet.
- Attend meetings and classes at fire stations to learn lessons from past earthquakes.

Get accurate information and react calmly.

rumor rumor



## Train yourself for emergencies.

- Participate in disaster drills. Learn skills for self protection, fire prevention, fire fighting, rescue, first aid, emergency reporting, evacuation, and others.

Practice rescue skills.

Learn first aid.

