




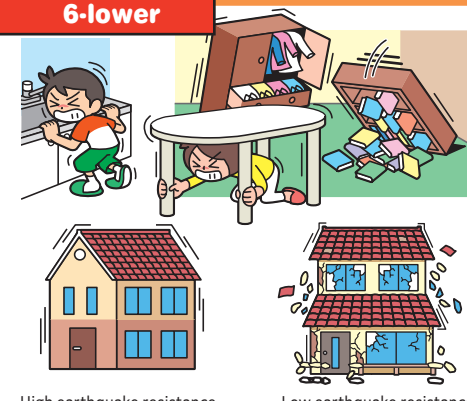


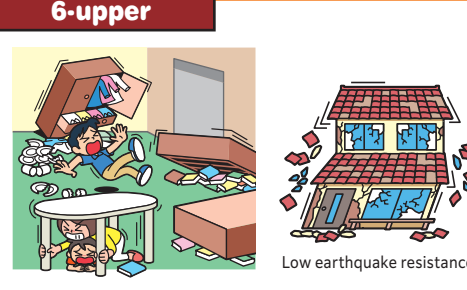

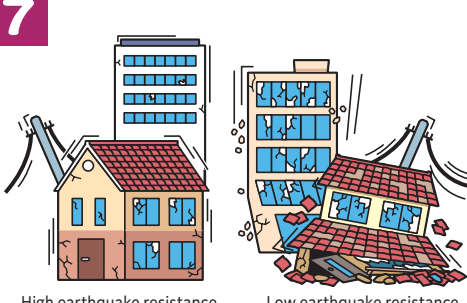



# Earthquake Preparedness

When a major earthquake strikes, a split-second decision can mean the difference between life and death. Learn basic earthquake knowledge and remember to remain calm when one strikes and the basic actions to take during, immediately after and after an earthquake.

## Estimated shaking and damage related to seismic intensity

<p><b>0</b></p>  <p>◆ People do not feel any shaking</p>	<p><b>1</b></p>  <p>◆ Some people who are indoors and quiet may feel minor shaking</p>	<p><b>2</b></p>  <p>◆ Many people who are indoors and quiet feel some shaking ◆ Hanging objects such as lights may sway a bit</p>	<p><b>3</b></p>  <p>◆ Most people indoors will feel shaking ◆ Crockery in cupboards may make some rattling noises</p>
<p><b>4</b></p>  <p>◆ Most people become alarmed ◆ Hanging objects such as lights sway visibly, and dishes in cupboards rattle ◆ Unstable objects in the room may fall</p>	<p><b>6-lower</b></p>  <p>High earthquake resistance</p>  <p>Low earthquake resistance</p> <p>◆ Standing becomes difficult ◆ Most unsecured furniture will shift or fall. Doors may become blocked. ◆ Wall tiles and windows may break/fall ◆ Roof tiles may fall off wooden buildings with low earthquake resistance, and buildings may tilt and even collapse</p>		
<p><b>5-lower</b></p>  <p>◆ Most people will feel fear and want to hold onto something ◆ Plates, books and other objects on shelves may fall ◆ Unsecured furniture may shift; unstable furniture may topple</p>	<p><b>6-upper</b></p>  <p>Low earthquake resistance</p> <p>◆ People cannot stand, and cannot move unless they crawl ◆ Almost all furniture will shift, and many pieces will fall ◆ Many wooden buildings with low earthquake resistance may tilt or collapse</p>		
<p><b>5-upper</b></p>  <p>◆ Most people cannot move about unless they are holding onto something ◆ Plates, books and other objects on shelves may fall ◆ Unstable objects in the room may fall down ◆ Unreinforced concrete block walls may collapse</p>	<p><b>7</b></p>  <p>High earthquake resistance</p>  <p>Low earthquake resistance</p> <p>◆ Moving is impossible due to intense shaking; people may be knocked down ◆ Even more wooden buildings with low earthquake resistance may tilt or collapse ◆ Even wooden buildings with high earthquake resistance may tilt</p>		

Source: Japan Meteorological Agency

## Earthquake! What to do?

If you feel a large quake hit, your first priority is to secure your own safety. Once the shaking stops, check your surroundings. If there is any danger, go to an evacuation site. After a disaster, act proactively with a mindset of self-help and cooperation.

### What to do during an earthquake

#### Earthquake! First, protect your own life.

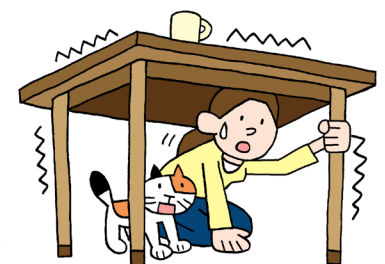
- ◆ When you hear an earthquake early warning or feel a large tremor, act immediately to protect your own life
- ◆ Huddle under a sturdy table or in a space where nothing will fall or shift, and wait until the tremors subside
- ◆ If you are outdoors, beware of collapsing buildings and falling objects. Protect your head with your bag or the like and move to an open space.

#### If you are in a high-rise building

- ◆ On higher floors, earthquake tremors may continue for several minutes
- ◆ Large yet slow tremors may cause furniture to topple, fall or shift significantly
- ◆ If you are trapped inside an elevator: use the emergency button or other methods to contact people outside and wait to be rescued

#### If you are driving

- ◆ If you feel a tremor while driving, slow down, park on the left side of the street, and turn off your engine
- ◆ Bring all valuables with you when leaving your car. Leave the key in and do not lock your door so it can be moved to let emergency vehicles pass.



## Actions to take immediately after an earthquake

### Check for sources of fire and conduct initial firefighting activities

- ◆ If you were using a flame, wait until the shaking subsides to turn it off
- ◆ If a fire starts, extinguish it calmly



### Panic leads to injuries

- ◆ If you are indoors, beware of toppled or fallen furniture. Wear sneakers since there may be broken glass or sharp objects on the floor.
- ◆ Do not go outside, since roof tiles, windows and billboards may be falling



### Secure exits

- ◆ Confirm that the shaking has stopped, then open doors and windows to secure an exit



### Move away from dangerous locations

- ◆ If you feel tremors while outside, stay away from block walls, power poles, billboards, vending machines, bridges and the like



## Actions to take after a quake

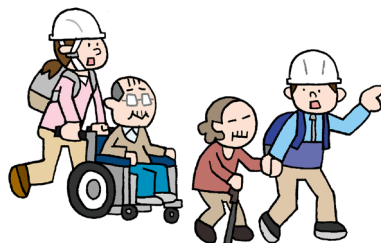
### Evacuate according to your situation

- ◆ If your home is at risk of collapsing or there is a fire nearby, evacuate to a safe location
- ◆ Evacuate on foot. If you evacuate by car, you may block the path of pedestrians and emergency vehicles.



### Confirm that your neighbors are safe

- ◆ Check the safety of your home first, then check on your neighbors
- ◆ Be especially aware of seniors, the disabled and others who require time to evacuate



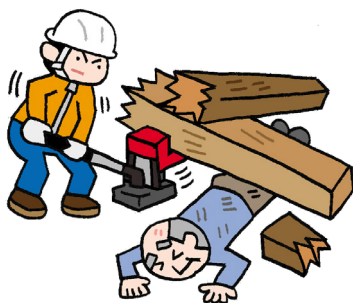
### Acquire accurate information

- ◆ Obtain accurate information from trusted sources such as news programs, radio stations, the government, and fire and police departments
- ◆ Avoid being misled by false information and rumors, which increase during disasters



### Cooperate with rescue efforts

- ◆ Help rescue people trapped under collapsed buildings or fallen furniture



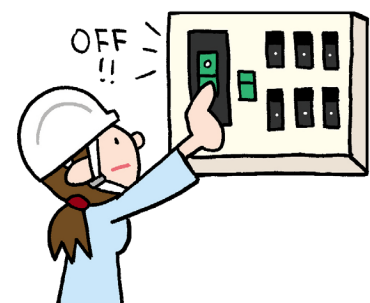
### Consider at-home evacuation

- ◆ If your building is earthquake-resistant and there is no danger of it collapsing, consider at-home evacuation. Have a stockpile water, food and daily necessities prepared for this purpose.



### Confirm safety before evacuating

- ◆ If you need to evacuate, turn off the breakers and shut off the main gas valve before evacuating



## What is an earthquake early warning?

When the initial microtremors near a quake's epicenter are detected, an earthquake early warning is issued before the strong shaking begins. When the earthquake's maximum seismic intensity is estimated to be in the 5-lower or higher, television, radio and cellphones broadcast the alarm. The time between the earthquake early warning and the start of tremors is extremely short, ranging from a few seconds to under a minute, and the early warning may not be received in time in areas close to the epicenter. Remember, your first priority is to protect your own safety.





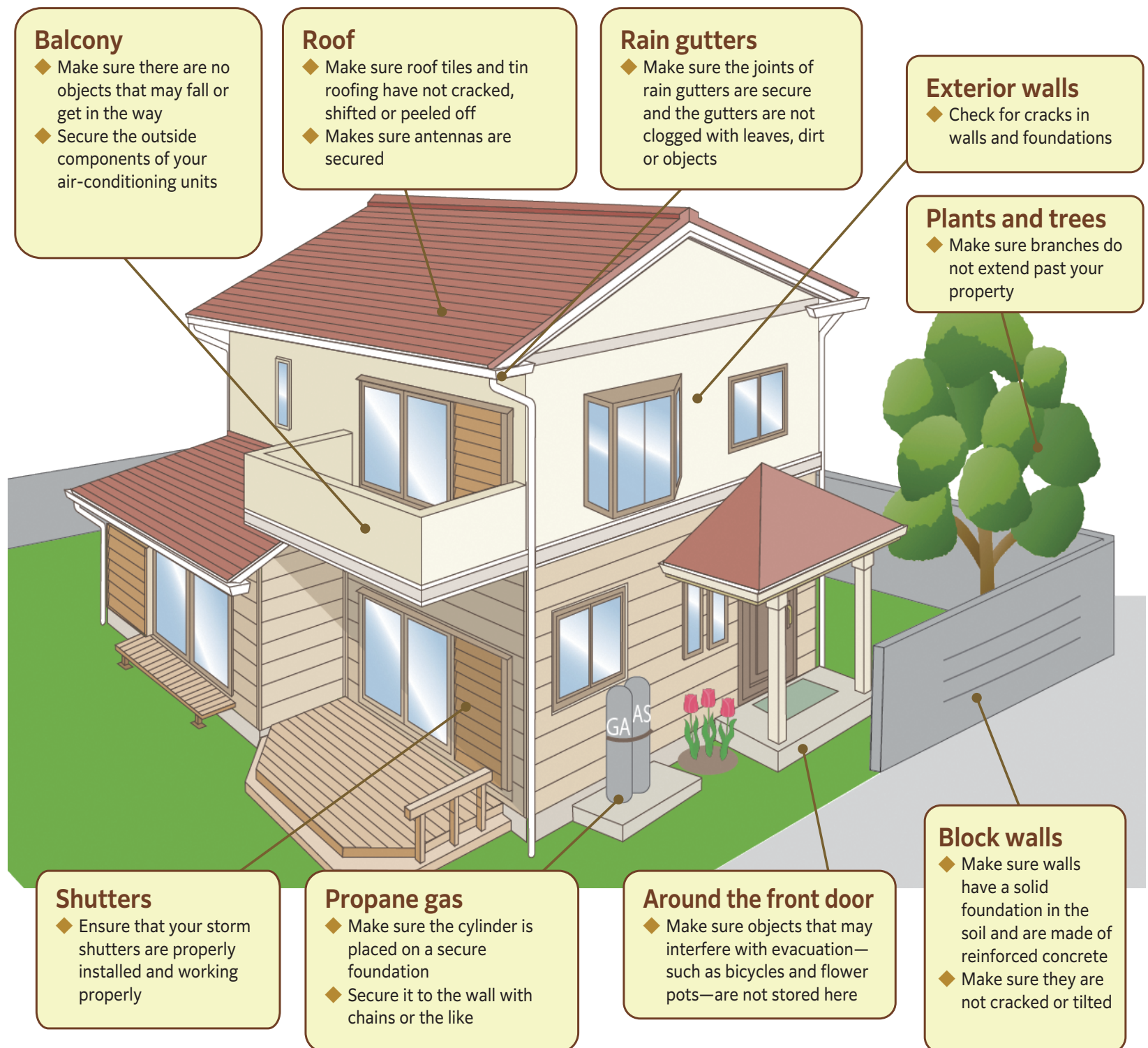
## Earthquake preparedness at home

Many things in and around a house may become hazards. Furniture toppling or shifting causes a lot of injuries during earthquakes, so start with simple safety measures such as inspecting your house and securing furniture.

In addition, older houses may not meet current earthquake resistance standards.

In such cases you should request an earthquake resistance evaluation, and if problems are found, renovate as necessary.

### Points to note for home inspection



### Free basic earthquake resistance evaluation of wooden houses

Ensuring the earthquake resistance of houses minimizes damage from earthquakes.

Renovations are required to ensure earthquake resistance. First, however, it is important to know how earthquake-resistant your house is. The city offers a free simple earthquake resistance evaluation for wooden houses (up to two stories tall).

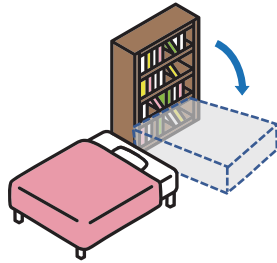
Inquiries: Building Guidance Desk, Building Development Section, Urban Development Department  
Tel: 048-550-1551



## Safety measures in the house

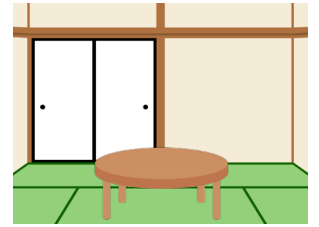
### Reduce furniture in the bedroom

- ◆ Keep large furniture out of bedrooms to avoid being trapped under fallen furniture while sleeping
- ◆ Consider the risk of furniture toppling over when situating it



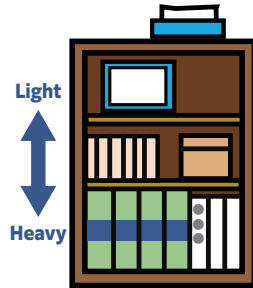
### Create safe spaces in the house

- ◆ Secure safe spaces where your family can gather to avoid toppling or falling furniture
- ◆ Set large furniture in rooms that people don't use as much



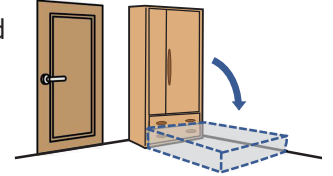
### Be creative with storage

- ◆ Store heavy objects on the bottom levels and light objects on top to lower the center of gravity and make furniture less likely to topple
- ◆ Never put objects that may fall off on top of furniture



### Secure evacuation routes

- ◆ Do not place furniture or other objects near entrances and pathways
- ◆ Avoid putting furniture where it could hinder evacuation if it falls over



## Preventing furniture from toppling or falling

### Wardrobes and bookshelves

- ◆ Securing furniture with L-shaped metal fixtures or spring tension rods
- ◆ Fill gaps between furniture and ceilings with cardboard boxes or the like
- ◆ Use hardware to connect stacked furniture
- ◆ Place boards or other objects under pieces of furniture to make them lean against the wall



### Lighting equipment

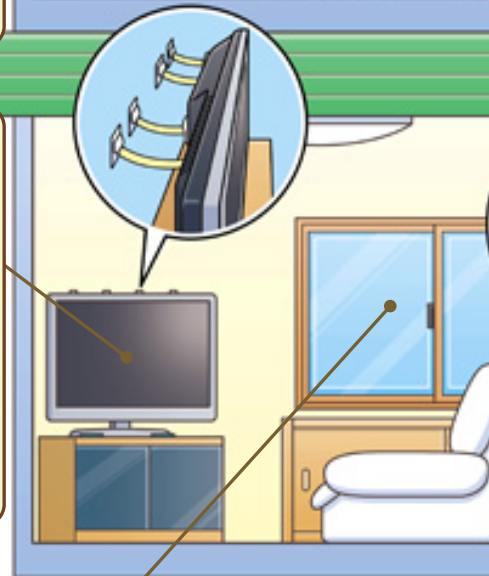
- ◆ Fasten lighting that hangs from the ceiling by a single cord in several places with chains and metal fittings. Lighting directly attached to the ceiling is safer.

### Refrigerator

- ◆ Secure it with wire

### Television

- ◆ Place your TV as low as possible and secure it to a wall or stand with metal fittings or wire
- ◆ Avoid TV stands with casters. If you are using one, however, always keep the wheels locked.



### Windows

- ◆ Apply shatterproof film to all plate glass, such as windows
- ◆ Use fire-retardant curtains

### Cupboards

- ◆ Install fasteners on the doors so that they do not open and the dishes inside do not fall out

### Kitchen stove

- ◆ Use a stove with an automatic shut-off function

Source: Government Public Relations Online

## Do you know about quake-sensitive circuit breakers?

Most fires during earthquakes are known as “energized” electrical fires. They are caused by damaged electrical appliances or wiring that catch fire when electricity is on or restored. A quake-sensitive breaker that automatically shuts off electricity when it registers a strong tremor can prevent energized electrical fires.

There are multiple types of quake-sensitive breakers. Some you can easily install yourself, while others require electrical work. Please consider the one that best suits your family's circumstances.