

# Disaster prevention measures in your house

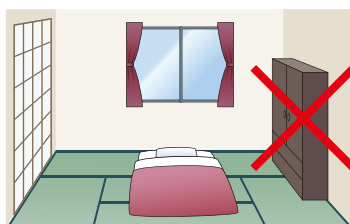
## Safety measures inside the house

### Make a safe space as a shelter in your house

When there are many rooms, place pieces of furniture collectively in rooms people use less often. When this is impossible, change the furniture layout to make a safer space.

### Do not place furniture in bedrooms, or rooms for children and elderly persons

When an earthquake occurs while they are sleeping, falling furniture would become a weapon and obstruct evacuation efforts, and children, elderly persons, and sick persons may get injured or fail to evacuate.



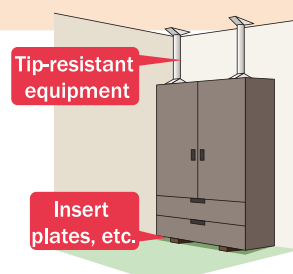
### For safer evacuation, do not place things around the entrance or in the hallway

For safer evacuation, do not place furniture or things which fall easily around the entrance or in the hallway. Things placed inside the entrance may sometimes obstruct evacuation.



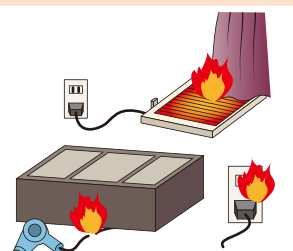
### Prevent furniture from falling

When there is room between the furniture and a wall/pillar, furniture tends to fall. Insert a small plate under the furniture, make it lean against the wall/pillar, and secure it. Using clasps and braces prevents the furniture from falling.



### Prevent electrical fires

When a large earthquake breaks out, it causes many fires which claim lives and property. Most cases of fire occurring after an earthquake are related to electricity: Electrical appliances (electric heater, electric range, etc.) falling down, and fire by re-energization at the time of electricity recovery (fire due to a damaged power cord short-circuiting). In order to prevent these electrical fires, install a seismic circuit breaker.

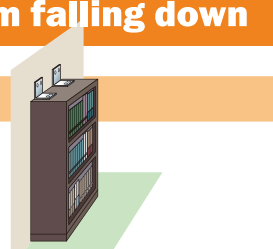


**Seismic circuit breaker**  
When an earthquake with the intensity larger than the one set in advance breaks out, it will automatically shut off the electric power supply. It is effective for preventing fires caused by electricity.

## Tips to prevent furniture from falling down

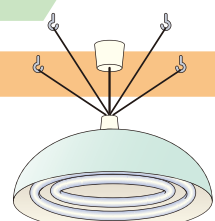
### Drawer/bookshelf

Fix with L-shaped clasps, tension rods, etc. When drawers are double stacked, link and fix them together with clasps.



### Lighting

Using chains and clasps, fix in several places. Fix both ends of a fluorescent light tube with heat-resistant tape.



### Piano

Attach tip-resistant equipment to the legs.



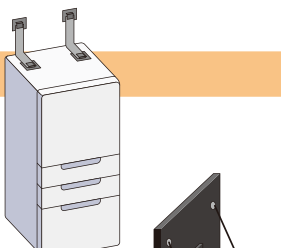
### Cupboard

Fix with L-shaped clasps. Cover the shelf board with a nonslip sheet or cloth. Place heavier dishes on the lower shelves, and lighter dishes on the upper shelves. Install clasps to keep doors from opening easily.



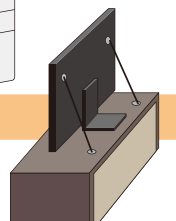
### Refrigerator

Fix it to the wall with tip-resistant equipment.



### TV

Place it at the lowest possible position, and fix it. (Avoid placing it on top of another piece of furniture.)



## Safety measures around your house

### Roof

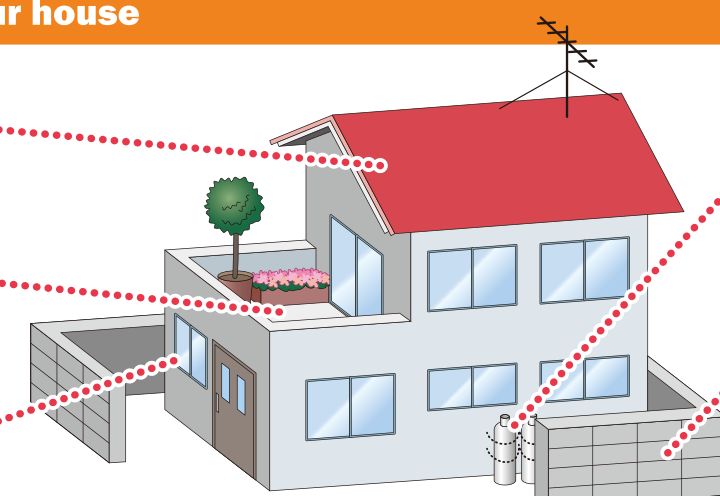
Reinforce an unstable antenna, and the roof tiles.

### Balcony

Tidy up flower pots and other objects. Do not put anything on a place where it may fall down.

### Window panes

Apply shatterproof film to window glass.



### Propane gas

Fix the cylinders to the wall with a chain.

### Brick walls/gateposts

Reinforce brick walls/gateposts without a firm underground foundation or reinforcing steel inside them, as they are dangerous. Repair cracks and corrosion of the reinforcing steel.

# Disaster prevention measures in your community

## Collaboration of self-help, mutual help, and public help (mutual cooperation)

### Self-help

Your family and yourself

- Fix furniture, and quakeproof the house
- Stockpile drinking water and food etc.

We can say that public help will be the final institution to deal with the situation beyond the capability of residents. As well as operating evacuation centers, it supports disaster victims at the stage of rebuilding their lives, from the life at an evacuation center to the provision of temporary housing and benefits.

### Public help

Municipality, prefectural, and national governments, fire defense departments, police departments, Self-Defense Forces, and others

### Mutual help

Neighbors, voluntary disaster management organizations, disaster prevention experts, disaster volunteers, and others

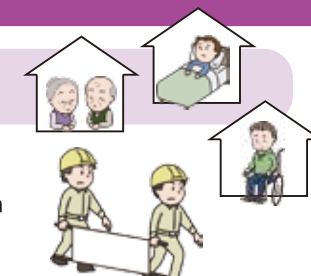
- Conduct emergency drills
- Support persons requiring special care in the community etc.

- Promote disaster prevention measures
- Support self-help and mutual help etc.

## For persons requiring special care

### Kindly treat persons requiring assistance at the time of disaster

People who easily receive major damage when disaster suddenly occurs are persons requiring special care. Persons requiring special care are the elderly, children, persons with disabilities, foreign nationals, and others who need special care. In emergency, cooperate with other residents in the community to support persons requiring special care.



### Check the disaster prevention environment from the perspectives of persons requiring special care

It is important to check on a regular basis whether warnings/evacuation steps are correctly provided to persons with visual or hearing disabilities and foreign nationals, whether there are abandoned bicycle or other obstacles, etc.



### Clearly guide evacuation

Determine the support system in detail: for example, several residents support one person requiring support in evacuation\*. Mutual support among neighbors is important.

\* Among persons requiring special care, persons requiring support especially in evacuation are called persons requiring support in evacuation.



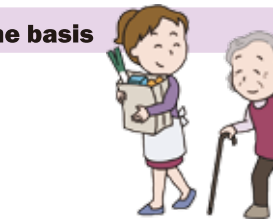
### Have consideration at such a difficult time

It is necessary to treat people who are in a state of anxiety in emergency with kindness. Support people in trouble and persons requiring special care with consideration.



### Positively communicate with others on a routine basis

For smooth support activities during disaster, it is very important to communicate with each other on a routine basis.



### The elderly/sick persons

Determine who will support them in advance, and deal with several people. Use a wheelchair or a stretcher, or carry them on your back at the time of emergency.



### Persons with visual disabilities

Firstly, talk to them. If you guide them to evacuate, you give them your arm, and walk slowly. Let them know the situation in words to the extent possible.



### Persons with hearing disabilities

Talk to them face to face and move your lips clearly. If it is difficult to communicate, use gestures and written messages.



### Wheelchair users

Carrying the wheelchair up and down the stairs requires support by two or more persons. When going up the stairs, move the wheelchair forward, and when going down, move it backward. If you are alone, carry the person on your back to evacuate.



### Travelers/foreign nationals

Talk to them so as not to let them get isolated. If they cannot understand Japanese, communicate with gestures and show them the direction for evacuation by hand.

