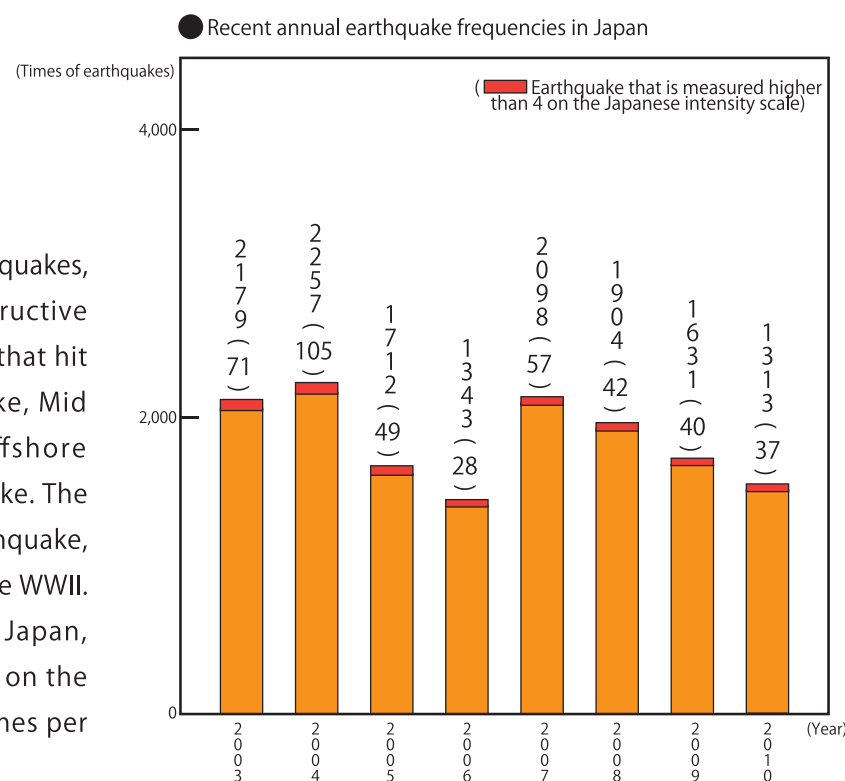


Japan is known throughout the world for earthquakes



Earthquake countermeasures

As Japan is world famous for its dangerous earthquakes, this country has suffered from countless destructive earthquakes. Some of the recent earthquakes that hit Japan were: Great Han-shin Awaji Earthquake, Mid Niigata Prefecture Earthquake, Chūetsu offshore earthquake and Iwate-Miyagi Nairiku earthquake. The most recent one was The Great East Japan Earthquake, which was the biggest earthquake in Japan since WWII. As you can see on the graph on the right, in Japan, earthquakes that are measured higher than 4 on the Japanese intensity scale occur about thirty times per year.



(Fire Department Data Catalog, 2011)

Earthquake intensity scale and estimated damages

Intensity 0	-People will not feel the earthquake.	Intensity 5 lower 5	-Plates and books on shelves may fall down to the floor.
Intensity 1	-Few people who are inside the building and staying still may feel the earthquake.	Intensity 5 upper 5	- Difficult to walk without holding onto something. - Starts to become difficult to drive cars.
Intensity 2	-Most of the people who are inside the building and staying still will feel the earthquake.	Intensity 6 lower 6	- Starts to become difficult to keep standing. - Some wooden, non-earthquake-proofed houses may collapse.
Intensity 3	-Most people who are inside the building will feel the earthquake. -Plates placed on shelves may start to make noise.	Intensity 6 upper 6	- Impossible to move unless you crawl. - Even the earthquake-proofed wooden houses may experience cracks in the walls.
Intensity 4	-Majority of the people will be alarmed. - Hanging objects will start to sway and plates placed on shelves will make noise.	Intensity 7	- Get tossed around by the quake. - Even the highly earthquake-proofed wooden houses may tilt.

What to do when the earthquake hits?

It is difficult to react to a big earthquake with calmness. To be able to react to earthquakes without panicking and with composure, please follow the action guidelines listed below.

Earthquake strikes

Stay calm and protect yourself. Quickly extinguish all fires around you. (Do not try too hard while the earth is shaking severely.) Open the door and windows to secure your escape route.

1~2 minutes later

- If you see any fires, extinguish them quickly.
- Wear your shoes.
- Gather your emergency take-out items within your reach.

3 minutes later

- Check your neighbors' safety.
- Be careful of the aftershock.

5 minutes later

- Check the radio, TV, Internet, etc. to obtain information on the earthquake.
- Do not use the car (unless you live in special areas such as in the mountains).

5~10 minutes later

Go pick up your kids

- Go pick up your kids from kindergarten, preschool or elementary/middle school. When you leave home, make sure to leave a note that says where you are in a visible location.

10 minutes to couple of hours later

Extinguish fires, start rescue operation.

- Work together with the neighbors to extinguish fires and rescue those who need assistance.

Until 3 days after

- Live with the stored daily essentials.
- Gather all the damage information.
- Be conscious of the ongoing aftershocks.

Follow the rules of cooperative group living. Help each other.

Life as evacuees

If you are indoors when the earthquake strikes

Your quick decision-making can be a matter of life and death.

If the earthquake hits when you are at home...



...During cooking

- As soon as you feel the earthquake, turn off all the fire if possible.
- But remember, when the big earthquake hits, gas in the house will shut off automatically, since gas meters with this particular function are widely installed today. So, do not try too hard if it is difficult.
- Kitchen is full of dangerous objects during earthquakes, therefore please evacuate from the kitchen as quickly as possible.

...During sleep

- Use pillows or futon to protect your head, go under the bed or tables, where you are safe from falling furniture.
- As an everyday precaution, prepare a bag by your bed with essentials such as slippers, flashlight and portable radio.

...While taking a bath or using the toilet

- It is known that bathrooms are one of the safer places to be during an earthquake. Instead of panicking and running out of there, first open the door or windows to secure the escape route.

...In the apartment complex

- To avoid getting your exit blocked by objects such as furniture, quickly secure the escape route by opening the door.
- Do not use the elevator.

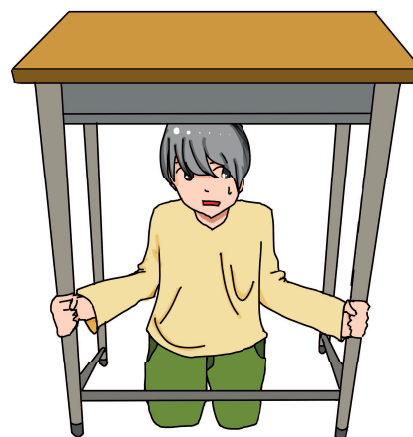
At school or workplaces

When you are at school

- Follow the order from your teachers or school broadcast announcements.
- If you are in a classroom, quickly place yourself under the desk and hold the desk legs.

When you are at workplace

- Get away from window sides, locker, and bookshelves and protect yourself by placing yourself under the tables.



During your outings...



At the theater or movie theater...

Crouch down in between the seats and cover your head with handbag or clothes to protect your head from falling objects. It is more common to panic in the closed space. Carefully follow the instructions given by the employee.

If you are at underground shopping center...

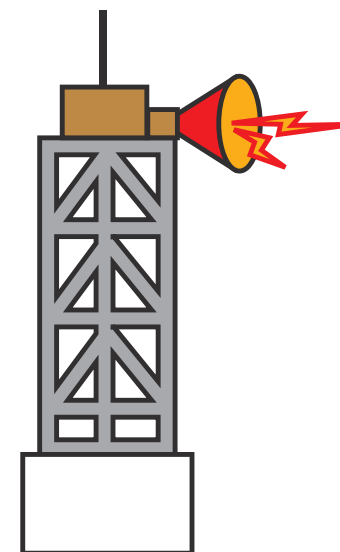
Underground shopping centers are known to be one of the safer places to be during an earthquake. Find a big pole or wall and stand by it until the shaking stops. If fire breaks out, lower your body near the wall and escape to above ground.

At department store or super markets

Be careful of the falling display cases, merchandise falling from the shelves, and glass pieces. - Follow the lead from the employee of the store.

In the elevator...

Some elevators have earthquake control units that will automatically stop the elevators at the closest floor. In that case, get off the elevator on the floor where it has stopped and the door opens. If the elevator does not have that function, please press buttons of all floors, and exit as soon as the elevator stops and the door opens. If you are trapped inside the elevator, communicate with someone using the interphone and patiently wait for rescue.



When you hear the advance emergency earthquake alert

Do not panic, first secure your safety!

Advance emergency earthquake alert (launched in October 1st, 2007) is a device that catches and reads the seismic wave near the seismic center of the earthquake right before a big earthquake happens. When the earthquake intensity is at 5-lower or higher, the advance emergency earthquake alert will notify people through television and radio.

In the area close to the seismic center, notification of the advance emergency earthquake alert may be too late.

When the earthquake strikes while you are outside...

While walking



If you are in a residential district

- Get away from the fences, stonewalls and gateposts.
- Be careful of the falling roof-tiles.

If you are on a bridge

- Hold on to the handrail or guardrails to prevent you from falling off the bridge.

If you are in a busy quarter

- Be careful of falling objects such as glasses, signs, and neon lights.
- Get away from the buildings, walls, and telephone electric poles. Be careful of the vending machines that may fall.



If you are on or near the seaside or a cliff

- Quickly evacuate to a safe place. If you are at seaside, evacuate toward the nearest high ground.
- If you reside in a house with the back of the house facing a cliff, be sure to utilize the room farthest away from the cliff.

If you happen to be at...

The platform of a train station

- Be careful of falling objects such as notice boards and signboards.
- Until the big shake has passed, stay by the nearest pole and follow the instructions from the announcement.

Stadium

- Entryway may be flooded with many people. To avoid the stampede, it may be safer to escape to the stadium field.

If you are on a moving vehicle

In a car

While driving

- Sudden braking can cause big accidents. Hold on to the steering wheel, gradually slow down the car, pull over on the left side of the road and turn off the engine.
- Do not leave the car and turn on the radio to listen to the news on the earthquake.
- If you do leave the car, close all windows, leave the car key in the ignition and do not lock the car doors.

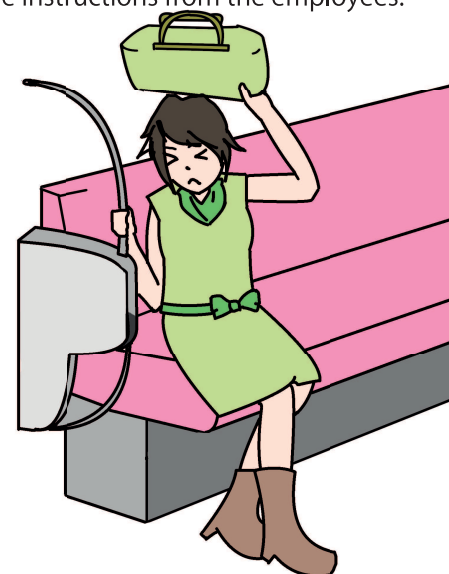
While on the bus

- If you are sitting down, lean forward and grab the seat in front of you tightly.
- If you are standing, hold tightly onto the straps or arms of seats, or squat down and cling to the legs of the seats.
- Even when the shaking has stopped, follow the driver's instructions.

If you are on a train

If you are on a train

- When the trains detect the earthquake, they will stop automatically. Hold on to the straps or handrails.
- If you are sitting down, push the floor with both your legs, and lean your upper-body down toward your knees.
- Do not evacuate the train on your own and listen to the instructions from the employees.



If you are on the bullet train

- When the bullet train detects an earthquake, it will receive an intense shock through its function to stop automatically. Make sure you lean forward, and protect your head from falling objects.
- If you are standing, hold onto the handrails or squat down and hold onto the seats.

If you are on a subway

- Subway is considered relatively safe. If you felt the shaking, hold on to the traps or handrails and try not to fall.
- Calmly wait for the instructions from the employees.

Do not try to evacuate with cars

If everyone uses their cars to evacuate, it will interfere with emergency vehicles and people evacuating by foot, therefore it will intensify the disruptions. Unless you HAVE to use the car to evacuate, please evacuate by foot.



Check the danger zones in and out of the house

1 Make sure to create a safe space without any furniture in the house

• If you have several bedrooms, use the spare room to store excess furniture.

2 Rooms that are used for kids, elderly, or sick people should not contain furniture that could fall

• Keep in mind that kids, elderly, and sick people can have their evacuation delayed as a result of fallen furniture.



Inside the home

3 Prevention of falling furniture

• Be cautious of the space between the furniture and the walls because there is a likelihood of furniture falling when an earthquake strikes. Do not place items on furniture that can fall.

4 Do not put anything in the doorway

• To be able to evacuate the house safely, do not put any objects or furniture that could fall over by the entrance or doorway.

Balcony

• Take preventative measures for things such as potted plants and laundry poles that could fall down during earthquakes.

Glasses

• Be sure to use the film for glass shattering prevention on your windows.
• Stick the film for glass shattering prevention onto your cupboards, also.



Outside the home

Rooftop

• Check the roof tiles. Be careful of any broken or cracked tiles, or displacement or misalignment of the tiles.

Concrete fences

Be careful of cracked, tilted or rusted fences when you pass these.

Propane gas

Make sure the propane gas containers are securely fastened with a metal chain.

Cautious measures for falling and dropping objects

Be aware of proper storage for items

● Put heavy objects on the bottom and light objects on the top

Creative methods for furniture placement

● Place a board on the bottom-front of the furniture so it is leaning against the wall.

● Arrange the furniture in your bedroom so it will not fall down.

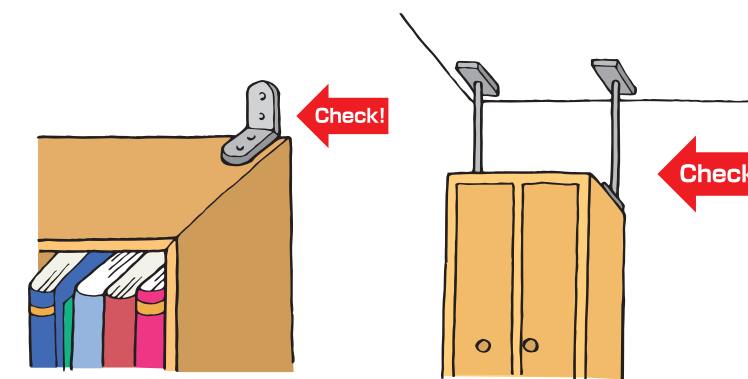
Enhance your room lights

● Make sure to secure hanging lights using bracket chains.

Utilize earthquake prevention tools to secure furniture

● Metal tools to prevent items from falling

There are two methods to secure furniture from falling. One way is to secure the furniture to the walls, poles and lentsils. The second way is to secure the furniture to the floor.



Securing furniture L-bracket type

Securing furniture bracket chain type

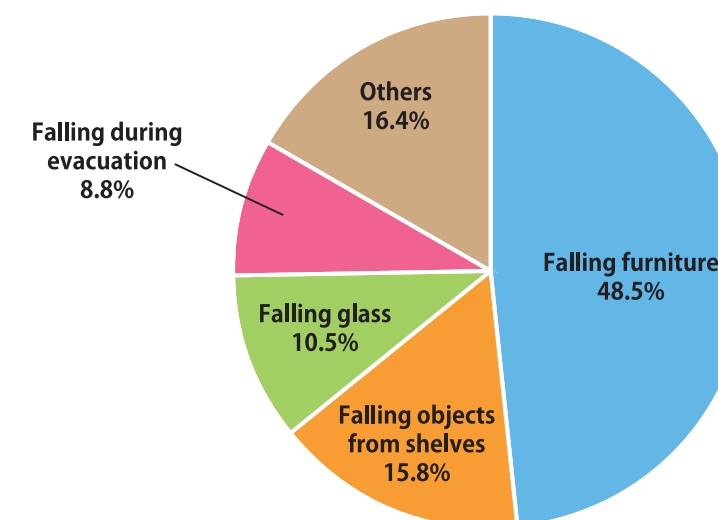
● If two separate pieces of furniture are stacked on top of one another, make sure to connect the two using tools.

● Tools to earthquake-proof the doors and drawers
Make sure the doors and drawers do not open.

What happens when furniture falls down?

When furniture falls down, even if the building did endure damage, you could still get hit or get stuck underneath furniture, resulting in injuries, or your evacuation could be delayed by scattered objects. Therefore, preventive action against furniture falling is important.

Cause of injuries from Great Han-shin Awaji Earthquake



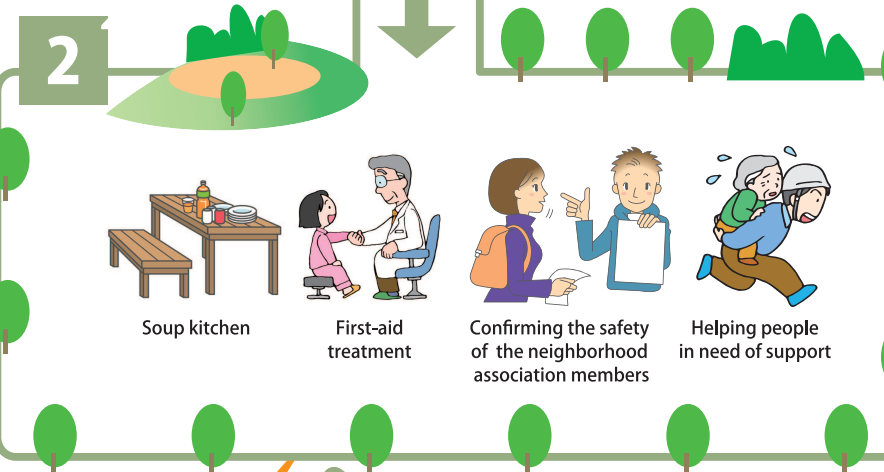
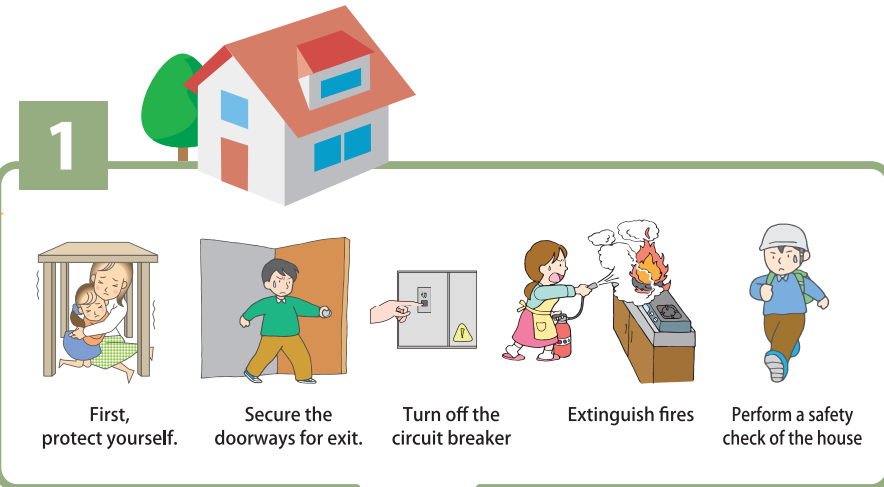
(Inspected by Kobe City Fire Department)

When a big earthquake strikes

When a disaster strikes, your correct initial procedure can minimize the seriousness of the damage. Groups such as families, communities and schools should review their safety procedures and be prepared to take initial action in the case of a disaster.

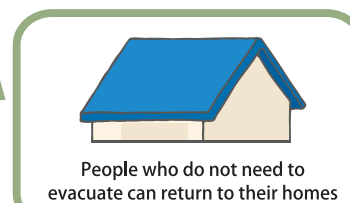
① At home...

- First, protect yourself. Check for your family members' safety, perform a safety check of the house, extinguish fires, close the gas tap, and turn off the circuit breaker.
- Let the community know the safety of your family.
- Grab the previously prepared emergency kit, secure the doorways for exit and make sure to wear shoes for broken glass.



Emergency registration system for people in need of support

There is an emergency registration system for people in need of support. This is a registration system for the elderly or disabled who live alone.



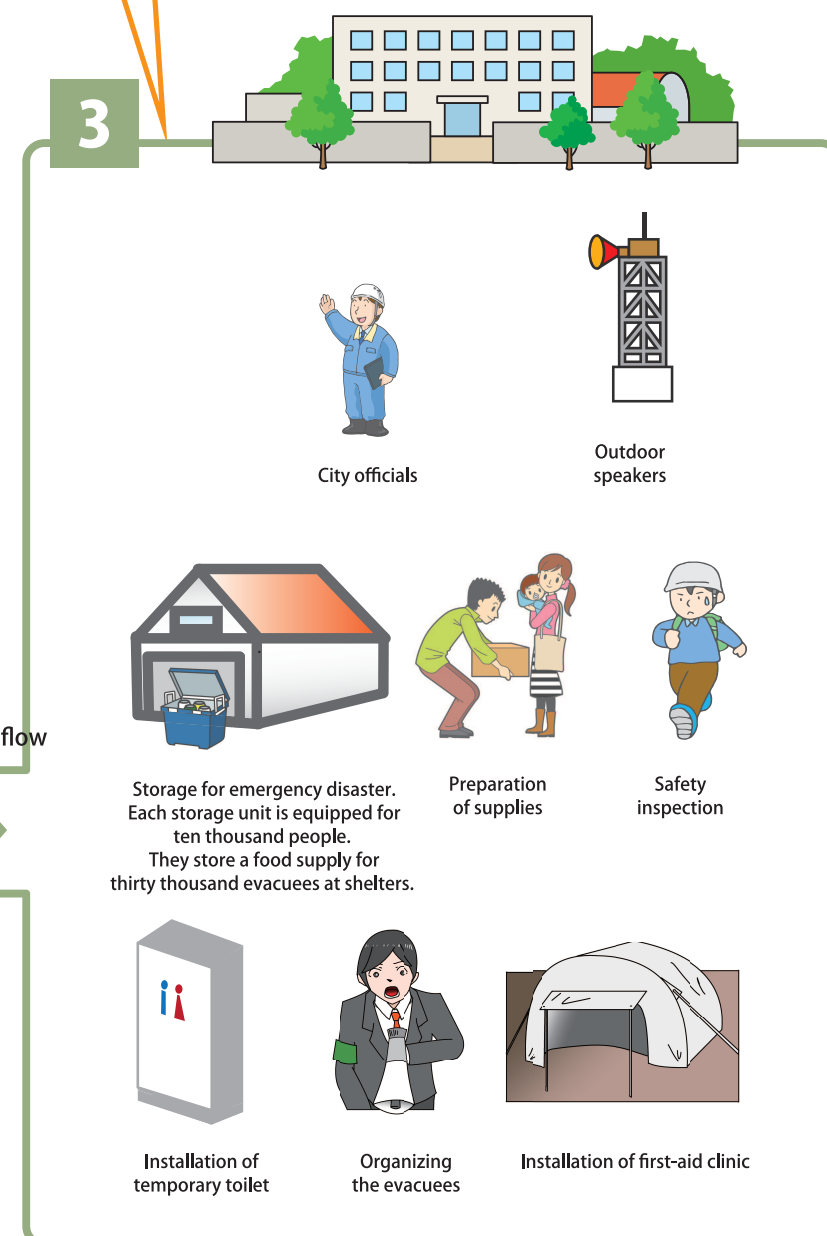
② At the stage one gathering spot, such as a park...

- Confirm the safety of the neighborhood association members.
- First-aid and soup kitchens will be available.
- Confirm the situations of all members at the first-stage gathering spot; evacuate with the members to a shelter if needed.
- In a search for missing people, leadership of the emergency rescue squad is valuable.

③ At the emergency shelter for wide areas, such as elementary schools...

- City officials (front-line base officials) will be sent out to establish a headquarters to register evacuees' and make lists. They will also organize the school's gymnasium to provide food and other necessities for the people staying there. They will request water wagons.

- Everyone will follow the rules of the shelter, and operate the shelter cooperatively. Kusatsu City utilizes thirty-one facilities as shelters, such as elementary, middle, and high schools, and gymnasiums, in the event of great earthquakes.



At the front line of the disaster site...

- The fire fighters and volunteer fire department will do their best to prevent fires from spreading.
- Police and self-defense forces will rescue people from collapsed houses.
- The first 72 hours are critical for rescue.

Emergency broadcasting system for the city

Speakers for the emergency broadcasting system are placed throughout the city center and will be airing important emergency information. You can also tune into this broadcast using FM78.5MHz. All information will be broadcast in Japanese only.

Kusatsu disaster information Mail service



You can receive disaster information if you have registered.

It is natural that you feel uneasy when a big disaster occurs. We advise you to mingle with neighbors and make friends daily so that you are familiar with one another and can talk when disaster strikes. Check the nearby emergency shelters for a wide area (elementary school, etc.), before a disaster strikes.

Kusatsu International Friendship Association offers various projects in order to help everyone make friends.

TEL : 077-561-2322 FAX : 077-561-2482

http://www.kifa-japan.org