

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.

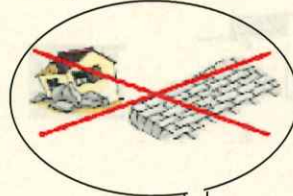
- Keep slippers and sneakers nearby for safe escape.
- Keep a flashlight handy in case of power failure.
- Take measures to keep cupboard and window glass from shattering and scattering.

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.

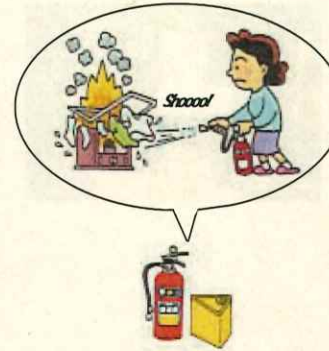


Brace for an emergency.



Always be ready to extinguish fires.

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

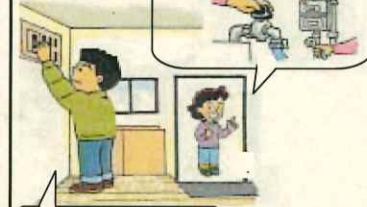


Prepare to fight small fires quickly.

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.



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.

Learn first aid.

Practice rescue skills.



10 TIPS FOR EARTHQUAKE SAFETY

When You Feel An Earthquake

Earthquake! Protect yourself first.

Protect yourself first. Be careful and wait until the quake is over.



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.



Panic can hurt you.

Be careful of fallen furniture and broken glass.



Right After An Earthquake

Make sure you have a way out: open doors and windows.

Secure an exit for escape when the shaking stops.



Don't rush out in a panic. Watch out for falling objects.

Watch out for falling objects such as roof tiles, broken glass, and signs.



After An Earthquake

Keep away from gateposts and walls.

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



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.

