

# Chapter 3

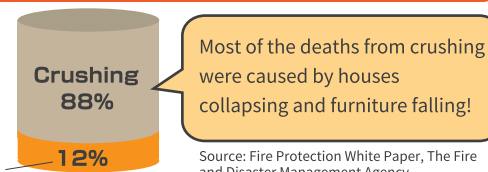
## Routine Preparations for Earthquakes and Disasters Caused by Wind or Floods



Most of the deaths from the Great Hanshin-Awaji Earthquake were caused by the collapse of houses and furniture that fell on people. To avoid this, it is vital that you inspect the inside and outside your home and be prepared for emergencies.

Burning and other causes

Causes of deaths in the Great Hanshin-Awaji Earthquake



Most of the deaths from crushing were caused by houses collapsing and furniture falling!

Source: Fire Protection White Paper, The Fire and Disaster Management Agency

### Holding Family Disaster Prevention Meetings

To lessen the damage caused by earthquakes, daily preparedness is important. Talk to your family members about their personal safety.



#### 1 Decide on the Role of Each Family Member

Talk with your family members and decide on what role each one should play in an emergency

- ☐ Put out the fire
- ☐ Turn off the main gas shutoff valve
- ☐ Ensure the safety of children and the elderly
- ☐ Move dangerous goods to safe locations
- ☐ Keep fire extinguishers, buckets, and the like in usable condition
- ☐ Pull the plugs of electrical appliances and turn off the circuit breakers
- ☐ Get information from radio and TV
- ☐ Make sure the exits are accessible
- ☐ Check the emergency kits
- ☐ Leave messages for family members who can't get home quickly
- ☐ Put signs outside the house that tell where you are staying and the contact information

#### 3 Check the emergency kits and emergency goods stored in the house

Make sure that every necessity is stocked. Periodically check the expiration date; make sure the items have not gone bad, and replace them if necessary. (see page 19)

#### 4 Check the emergency supplies and equipment

Check the fire extinguishers and the first-aid kit. Remind yourself of how to use the extinguishers and how to administer first-aid. (See pages 34-36)

#### 5 Prepare emergency contact cards for the family

Talk to your family members about where to meet, how to contact each other, and have everyone carry emergency contact cards with that information. (Refer to the end of the book.)



#### 2 Check for dangerous spots

Check to see if there are any dangerous spots either indoors or outdoors. If there are, see about repairs or strengthening measures.

#### 6 Every family should have an emergency map on hand

Check on the evacuation sites and routes for the family and make your own emergency map. (See page 39)

### About evacuation at home

- ◆ Home evacuation is a method of evacuation in which you remain at home instead of going to an evacuation shelter if it is safe to do so even after a disaster occurs. In an evacuation shelter, you may become ill due to the change in environment, and it may be difficult to maintain privacy, so living in your familiar home will allow you to live a less stressful life as an evacuee. Stock up on food, water, etc., and be prepared to evacuate to your home.
- ◆ To evacuate a home
  - Prevent furniture from tipping over. (See pages 21-22)
  - Prepare a stockpile (see page 19).
  - \*In shelters, you can obtain safety and evacuation information and a minimum of supplies. Make use of evacuation shelters even during home evacuation.