

Self-help and mutual assistance

Saved version

Is your earthquake preparation

OK?



Table of Contents

Disaster prevention measures from daily preparation	1
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Self assistance

Prepare for disasters	2
1. Let's hold a family disaster reduction meeting	3
2. Family safety confirmation	4
3. Emergency Supplies/Rations	5 · 6
4. In Case of a Sudden Earthquake	7
5. Tokai Earthquake prediction information and alert declaration	8
1) Earthquake prediction.....	8
2) Information disclosure related to Tokai Earthquake predictions	9
3) Warning declaration issuance.....	9
6. What if Tokai Earthquake Warning Information is announced?	
What if a warning declaration is issued?	10
1) Societal Conditions.....	10
2) What should you do?.....	11
3) How to obtain disaster information	12
4) In case of an Early Earthquake Warning.....	13

Mutual assistance

Local residents will help each other together

7. Let's participate in regional disaster prevention drills	14
8. Local Disaster Prevention Organizations	15
9. Fire Prevention Measures	16
10. Help and concern for people who need consideration	16 · 17

Public assistance

Main public assistance efforts	18
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Disaster prevention measures from daily preparation

When a disaster occurs in Yaizu City, a system is taken according to the situation and disaster emergency activities are done with full power.

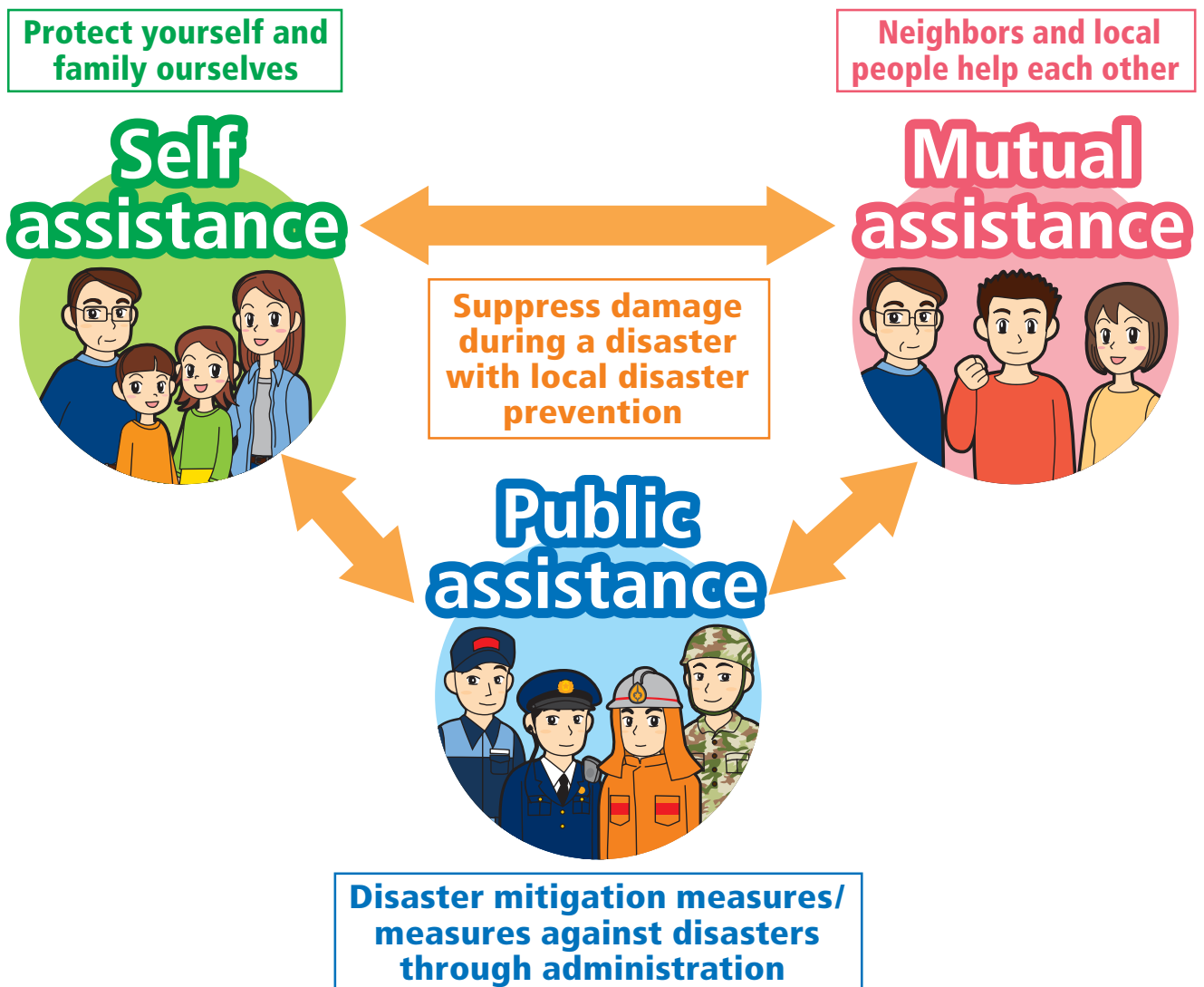
However, in order to prevent damage beforehand, the united efforts of "self assistance", "mutual assistance" and "public assistance" are necessary in order to minimize damage in the event of a disaster.

"Self assistance" is behavior and preparation to protect yourself and the life and wealth of yourself and your family

"Mutual assistance" is behavior and preparation to protect ourselves and to reduce the damage to our community and society

"public assistance" is Roles and preparation borne by administration and public institutions

Although we can't prevent the occurrence of disasters, we can reduce the damage that they cause by cooperating with self assistance, mutual assistance and public assistance. Let's work on disaster prevention measures every day in order to "protect ourselves by ourselves" and to "protect our area ourselves".



Self assistance

We do not know when and where disasters will come.

Natural phenomena such as large earthquakes cannot be stopped by human power, but it is possible to reduce damage due to disasters by our daily efforts.

The first thing you should do is protect yourself when a disaster occurs. In order to help people around you, it isn't possible to help someone else if you are not OK.

Let's start with "self assistance" efforts in order to protect the safety of yourself and your family with your own hands.

Prepare for disasters

My relief, family's relief

Disasters do not always occur when family members are present, and there is a possibility that they may occur when family members are in different places. In times of emergency, it is important to prepare before a disaster occurs in order to take appropriate action without panicking.

Let's discuss with our families about proper evacuation behavior and safety confirmation methods when a disaster occurs and prepare items we need from daily life.



1

Let's hold a family disaster reduction meeting

In the event of a disaster, to allow families to act without panicking and assuming things when a disaster actually occurs, let's hold a family disaster reduction meeting.

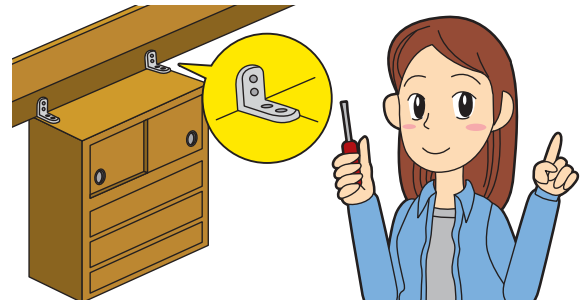
1 Let's decide the sharing of roles for each person

- Let's decide daily disaster reduction roles and roles when a disaster occurs.
- Let's decide who will help who in homes with senior citizens and infants.



2 Let's check danger spots in houses

- Let's check whether or not there are dangerous places inside and outside of houses.
- Let's discuss the reinforcement and repair of dangerous places.



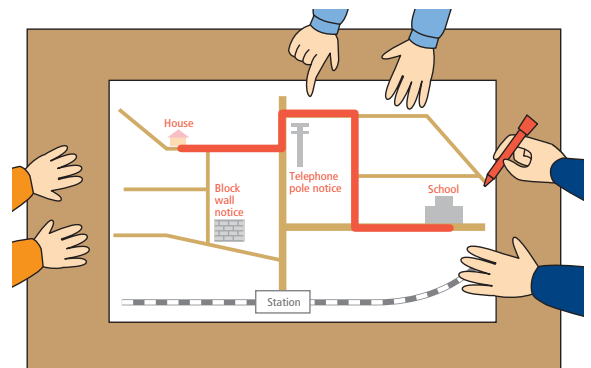
3 Let's check emergency items and rations

- Let's make sure you have everything you need while considering the family structure.
- Let's periodically check storage conditions and expiration dates, and exchange items as necessary.



4 Let's confirm contact methods during a disaster and evacuation areas

- Let's confirm contact methods when your family gets separated and local evacuation areas.
- Let's discuss dangerous parts of evacuation routes, usage of holidays, etc., and preview this with everyone.



5 Let's call on our neighbors

- Let's prepare when neighbors talk with each other when we get disaster information and when evacuation information is announced.

2 Family safety confirmation

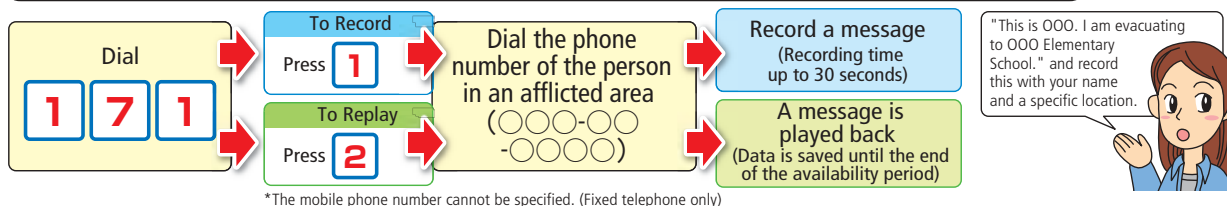
When a large scale disaster such as an earthquake occurs, it is hard to connect by phone since many people try to keep in touch with each other at the same time. In order to keep in touch under such circumstances, let's decide on several means of confirming safety and discuss these with families in advance.

Disaster Emergency Message Dial

NTT Disaster Emergency Message Dial (171) is available for users to check on the well-being of family and relatives after a disaster occurs.

Recorded messages from persons affected by a disaster can be accessed from Emergency Disaster Dial Centers located throughout the country. There is also a "Disaster Emergency Message Board" (web171) used on the Internet.

How to Record/Replay Messages Message time: up to 30 sec. per message.



*The mobile phone number cannot be specified. (Fixed telephone only)

When Service is Available

- ◆ When an earthquake of lower 6 or stronger on the Japanese scale occurs
- ◆ When phone lines are extremely busy due to a disaster
- ◆ When a disaster warning is released, as circumstances warrant
<24 hour trial usage can be done on the 1st and 15th of every month, the 3 days during the New Year's holiday, Disaster Week, and Disaster Prevention and Volunteer Week>

Service Overview

- ◆ Messages are saved for approximately 48 hours (6 hours during trial periods)
- ◆ Up to 30 seconds may be recorded per message (Up to 20 messages per phone number)
*Different according to the disaster situation
- ◆ Service can be used from mobile and PHS phones (exc. some operators)

Disaster Emergency Message Board

When a disaster occurs (earthquakes with a seismic intensity of 6 or less), safety information can be registered and confirmed using the "Disaster Emergency Message Board" operated by each mobile phone operator. Please select "Disaster Emergency Message Board" from the "Top Menu" of each mobile phone.

*When searching for messages of people in disaster areas, there is no need to worry about other mobile phone companies because a "corporate collective search" is handled in all mobile phone companies.

Disaster Emergency Message Board trial days

1st and 15th of every month, 3 days during the New Year's holiday
"Disaster Week" <8/30-9/5>
"Disaster Prevention and Volunteer Week" <1/15-1/21>

Please check each company's website for how to use the Disaster Emergency Message Board.

NTT DoCoMo	http://www.nttdocomo.co.jp/info/disaster
au	http://www.au.kddi.com/mobile/anti-disaster/saigai-dengon/
SoftBank Mobile	http://www.softbank.jp/mobile/service/dengon/
Y!mobile	http://www.ymobile.jp/service/dengon http://www.ymobile.jp/service/dengon_voice/

Other contact methods that can be used

• Public phone

In the case of a large scale disaster, public phones have lines that are preferentially secured over general lines, and you can make calls for free in areas afflicted by a disaster. Since the number of public phones has decreased in recent years, let's confirm the installation locations every day.

• Remote location relay points

Even during a disaster, it may be relatively easy to connect to phones outside areas afflicted by a disaster to areas afflicted by a disaster. Have relatives and acquaintances outside of areas afflicted by disasters become relay points. Ways to keep in touch with these people are effective.

3

Emergency Supplies/Rations

1) Emergency items

When preparing emergency supplies, consider what items your family will need. Create an Emergency Supplies List for your household and check it regularly. Place supplies in an emergency bag and store it somewhere where it can be retrieved immediately.

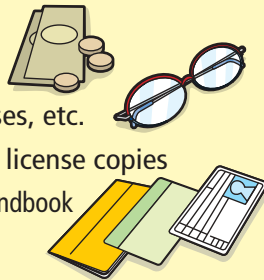
Point



- Let's gather emergency items for backpack type bags where both hands can be used.
- Let's gather items lightly and compactly to avoid hindering evacuation.
- Let's decide the priority order of what you need.
- Let's check the contents on a regular basis.

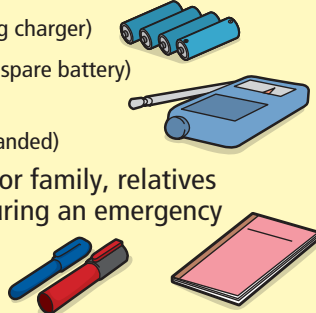
Valuables

- Cash (Including coins)
- Extra car and house keys
- Extra glasses, contact lenses, etc.
- Passbook, insurance card, license copies
- Maternal and Child Health Handbook
- Medicine notebook



Information collection supplies

- Mobile phone (including charger)
- Mobile radio (including spare battery)
- Family pictures (for confirmation when stranded)
- Contact information for family, relatives and acquaintances during an emergency
- Writing implements/ notebook



Food, etc.

- Groceries (about 3 days worth)
- Drinking water (about 3 days worth)



Convenient items, etc.

- Hardhat/disaster hood
- Flashlight (including spare battery)
- Headlight
- Whistle and buzzer (Items to make sounds and make your whereabouts known)
- All-purpose knife
- Spoon/chopsticks/cup
- Wraps
- Disposable heating pads (with adhesive)

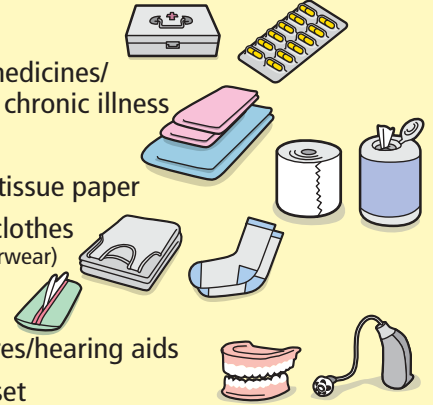


- Mask
- Plastic bags
- Aluminum thermal insulation sheet
- Slippers
- Work gloves or leather gloves
- Match or lighter
- Water supply bag
- Rain gear (Raincoat, boots, etc.)



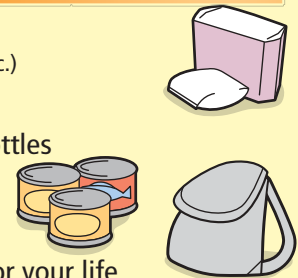
For cleanliness/health

- First aid kit
- Household medicines/ medicine for chronic illness
- Towels
- Toilet paper/tissue paper
- Changes of clothes (including underwear)
- Wet tissue
- Spare dentures/hearing aids
- Toothbrush set



Other

- Disposable diapers (for infants, senior citizens, etc.)
- Sanitary products
- Powdered milk, baby bottles (items necessary for babies)
- Pet food
- Other items necessary for your life


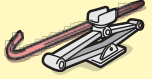




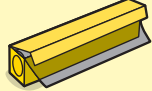








Please prepare what you need according to your own environment.

Refer to the "Items to carry during an emergency/rations checklist" created by the Tokyo Branch of the Japanese Red Cross Society

2) Rations


Rations are necessary for living at places like home or a refuge shelter after an emergency evacuation. Let's prepare around 7 days of items such as water, food and daily necessities as an estimate.

<input type="checkbox"/> Groceries		<input type="checkbox"/> Stationery (Permanent marker, ballpoint pen, cellophane tape, waterproof paper, etc.)	
<input type="checkbox"/> Drinking water		<input type="checkbox"/> Picnic sheet	
<input type="checkbox"/> All-purpose knife		<input type="checkbox"/> Tent	
<input type="checkbox"/> Spoon/chopsticks/cup		<input type="checkbox"/> Bar/jack	
<input type="checkbox"/> Wraps		<input type="checkbox"/> Motorcycle/bicycle (no puncture specifications if possible)	
<input type="checkbox"/> Disposable heating pads (with adhesive)		<input type="checkbox"/> Newspaper	
<input type="checkbox"/> Disaster toilet		<input type="checkbox"/> Blankets/sleeping bag	
<input type="checkbox"/> Wet tissue		<input type="checkbox"/> Work gloves	

We request that you have more than 1 week of stockpiles of both water and food for living at home after a disaster


Estimate for 1 week (per person)

Drinking water



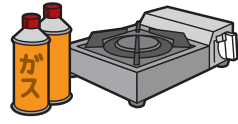
3L per day x 7 days = **21L**

Food



3 meals x 7 days = **21 meals**

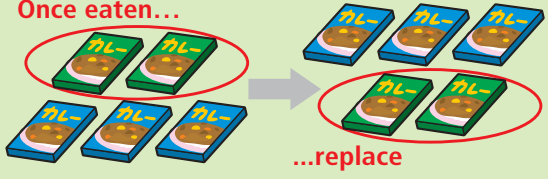
Portable gas stove/gas cartridges



A portable gas stove will allow you to prepare hot food in case of an emergency.
One gas cartridge can boil 1.5L of water approx. 10 times

Rolling stock method (Use and replace)

This method of storing rations involves using everyday and emergency food supplies that you consume regularly. Having a system in place to use older supplies first will allow you to rotate stock more effectively. Space should be made at home to store adequate drinking water.



Once eaten... → ...replace

Examples of Foodstuffs

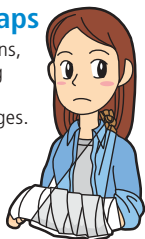
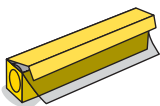
Retort packs, canned goods, instant ramen, pastas, seasonings, dried foods, root vegetables (vegetables that can be stored at room temperature), freeze-dried vegetables, dry fruits, etc.

- Consider how you could put together a week's worth of meals from food items such as these.
- Get in the habit of using canned and dry foods on a regular basis.
- Once items are consumed replace them, ensuring that stock is regularly refreshed.
- Regularly try and compare different canned and retort products to discover ones that suit your tastes.

Useful devices during an emergency

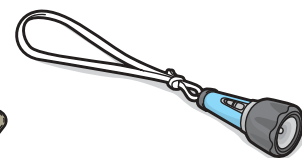
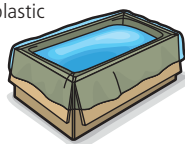
First aid with wraps

For fractures and sprains, you can substitute cooking wraps when there are no triangular cloths or bandages.



How to make an emergency water supply tank

You can make an emergency water supply tank with cardboard and plastic bags.

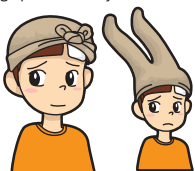


Attach a string to a flashlight

A flashlight is something you need to have when an earthquake occurs at night. It is convenient to have attach a "string" to a flashlight and hang it from your neck so you can use both hands.

Stopping bleeding with stockings

When using stockings instead of bandages for head injuries or to stop bleeding on arms and legs, they are versatile bandages that are easy to handle because there are no gaps and they have elasticity.



Pans are also emergency hard hats

Cover your head with familiar items when things come crashing down. When there are no hard hats or disaster prevention hoods nearby, items such as pans, frying pans and plastic washing tubs are also useful.



Gloves made of leather are safe

Items such as cracked glass will cut into work gloves and cloth. Thick leather (for industrial use), etc. is safe.

Paint with luminescent paint

Paint luminescent paint on a flashlight and put it under a pillow for when a power outage occurs. You can find the flashlight immediately, even in the dark.



Firefighting with plastic bags

If you run out of fire extinguishers when a fire breaks out, pour water in a thin plastic bag and throw it on the fire.

This is effective for high and distant places.



4

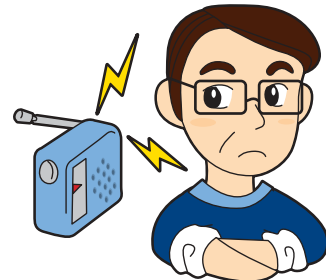
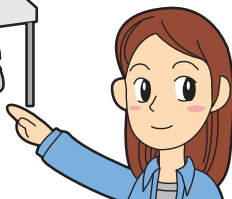
In Case of a Sudden Earthquake

- 1
- Strong tremors may continue for 2-3 minutes. Do not panic and run outside. Stay calm.
 - After an earthquake occurs, ensuring your own physical safety should be your first priority!
 - Aftershocks may follow the original quake.
 - Treat minor injuries sustained by your family on your own.



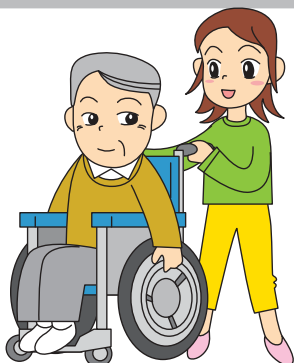
- 2
- Do not place items near fire sources.
 - If a fire does break out, do not panic. Carry out first-aid firefighting measures. Ensure that the fire is extinguished at its source.
 - Has a fire broken out nearby? Enlist the help of neighbors, and work together to extinguish flames!

- 3
- When leaving home, use "Message Dial 171" or the "Disaster Emergency Message Board" for family safety, destinations, etc.
 - Close the main gas valve and cut the electric breaker.
 - Don't forget to lock the door.



- 4
- Be wary of false rumors. Take steps to obtain the latest accurate information.
 - Refrain from using telephones as much as possible. To let people know that you are safe and to check on others' wellbeing, use the Disaster Emergency Message Dial (171) service (or the Disaster Message Board Service from mobile phones).

- 5
- Refuge shelters are a shared community. Follow established rules, work together, and help one another out.
 - Watch over disabled and injured persons.



- 6
- Relief supplies should not be expected for several days after an earthquake. At times such as these the importance of disaster preparations will become apparent. You may need to rely on emergency supplies and rations for several days.

5 Tokai Earthquake prediction information and alert declaration

1) Earthquake prediction

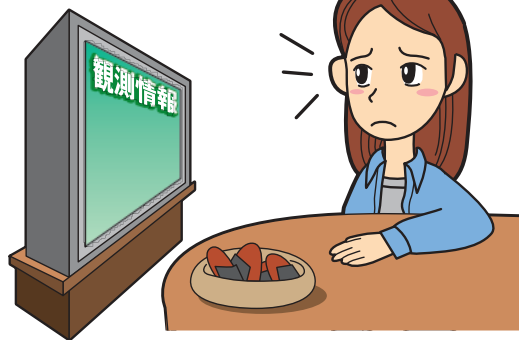
Although it is typically said that "earthquake prediction is very difficult", since a dense predictive observation network is installed for the Tokai Earthquake, which will be a magnitude 8 class trench type earthquake, it is thought that it may be possible to predict the earthquake immediately beforehand.

For prediction of the Tokai Earthquake, 24 hour monitoring is conducted using observation instruments such as strain gages and changes in observation data are observed, and these are items that try to judge whether or not the data immediately leads to the occurrence of the Tokai Earthquake.

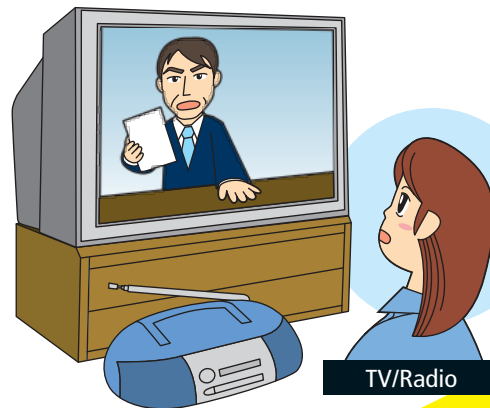
Possibility of a sudden occurrence

Although the observation technology for immediate prediction of the Tokai Earthquake progresses year by year, in case immediate prediction is possible in the present circumstances, "The Tokai Earthquake may suddenly occur without being able to be predicted."

Observation information presentation



Caution information presentation



Tokai Earthquake Warning Information presentation
(Judgment meeting held)

The possibility of precursor phenomena has increased

Tokai Earthquake Observation Information presentation

Disaster prevention preparation action

Changes to observation data such as seismic activity

2) Information disclosure related to Tokai Earthquake predictions

Due to advances in science and technology, it is thought that explanation is possible for changes in observation data before an alert declaration. Information indicating the possibility of a precursor phenomenon of the Tokai Earthquake has increased and will be announced in the following 3 categories.

Survey information connected with the Tokai Earthquake (color level blue)

The survey information includes two types, temporary and regular.

Temporary When changes different from normal are observed in observation data will be announced from time to time.

Regular Information in evaluated investigation results are announced in a monthly judgment meeting.

Tokai Earthquake Warning Information (color level yellow)

Cases where the possibility of precursor phenomena have increased are recognized will be announced. Following this, we will begin preparatory action.

Tokai Earthquake Prediction Information (color level red)

There is a danger of the Tokai Earthquake occurring will be announced when a warning declaration is issued. (After each information announcement, if it is judged that there is no danger of occurrence of the Tokai Earthquake, those facts will be announced in each piece of information.)

Tokai Earthquake Prediction Information presentation

Immediately implement disaster prevention measures

The Tokai Earthquake may occur

Warning declaration issuance

Warning declaration issuance

Prime Minister



3) Warning declaration issuance

If observation data abnormalities increase and there is a danger of occurrence of the Tokai Earthquake, in response to a report from the Japan Meteorological Agency, the Prime Minister will issue a "warning declaration" for "earthquake disaster prevention measure strengthening areas", including Shizuoka Prefecture.

At this time, Tokai Earthquake Prediction Information will be announced simultaneously from the Japan Meteorological Agency.

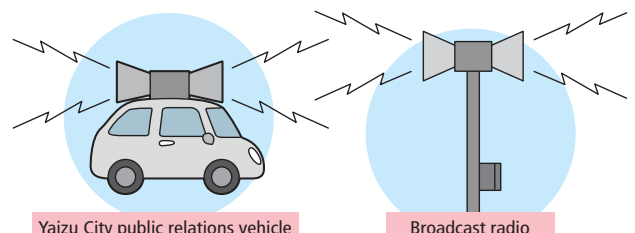
What is a warning declaration?

"A large earthquake with a magnitude of around 8 (the Tokai Earthquake) will occur within 2-3 days (or within several hours), and an earthquake with a seismic intensity of 6 or more will attack the region, including all areas of Shizuoka Prefecture" is a warning, and "Please secure your safety and prepare for disaster prevention in preparation for occurrence of a large scale earthquake" is an instruction. (Note) The time to an earthquake occurrence may be short since a warning declaration was issued.

Tokai Earthquake Warning Information, etc. presentation and warning declaration issuance will be reported on TV and radio.

In addition, this can also be told by methods such as city public relations vehicles and broadcast radio.

In particular, sirens will be sounded with the warning declaration.



6

What if Tokai Earthquake Warning Information is announced? What if a warning declaration is issued?

Tokai Earthquake Warning Information is announced or when a warning declaration is issued, what will happen in our surroundings?

When a warning declaration is issued, it is expected that great confusion will occur everywhere in order to take preparatory action all at once. What will happen in places familiar to us and to understand the movement of society well is important in order to act quickly and safely.



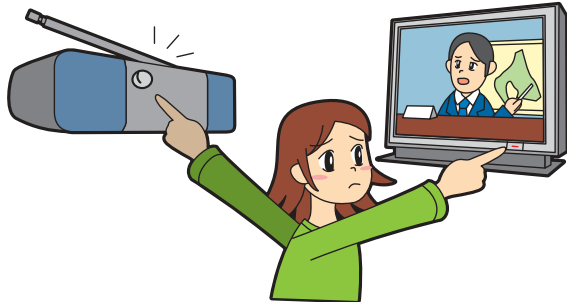
1) Societal Conditions

	During Tokai earthquake advisories	During earthquake warnings
Electricity/gas/water	Available (store up tap water)	Available but should be limited in use
Telephones	Available (however calls may become restricted if the number of users spikes dramatically)	Available (the possibility of calls becoming restricted due to a spike in users is high)
Buses	Generally operate as normal	Will travel to the nearest safe bus stop, etc. and then stop
Trains	Generally operate as normal	Will travel to the nearest safe station and then stop
Roads	Normally accessible to traffic	In order to ensure evacuation routes, traffic will be restricted on main roads, etc. (reduced speeds)
Department stores	Sections or elements will cease operation	Cease operations (however, certain stores with high earthquake-resistance may be able to continue operating)
Convenience stores, etc.	Business as usual	Certain stores with high earthquake resistance will continue operating
Banks	Business as usual	Cease operations (however, some ATMs may still be available)
Hospitals, etc.	Will generally restrict outpatient care (excluding emergencies)	Cease outpatient care (excluding emergencies)
Schools/nurseries	In areas subject to evacuation, children may be sent home or handed over to guardians as appropriate to safety (children at special need schools, etc. may be sent home earlier)	Schools will be closed and children will be sent home or handed over to guardians (some faculty may remain on standby)

2) What should you do?

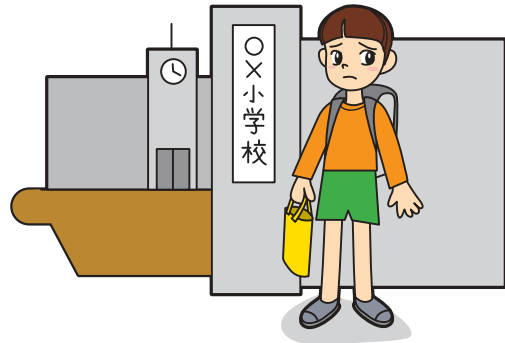
Check TV and radio for information

- It is important to collect accurate information
- Be wary of false rumors



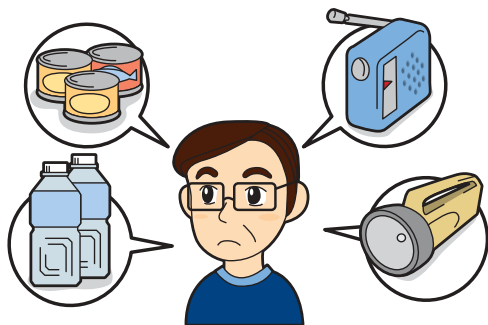
Pick up children (advisories)

- Keep in regular contact with children's schools



Double-check emergency supplies (advisories)

- Double-check supplies using the checklist (p. 6 and p. 7)



Double-check inside your home (advisories)

- Have roles and a plan for your family to follow in advance
- Ensure that things aren't placed up high
- Check that furniture, cupboard, etc. are secure
- Don't forget to ensure that entrances remain passable



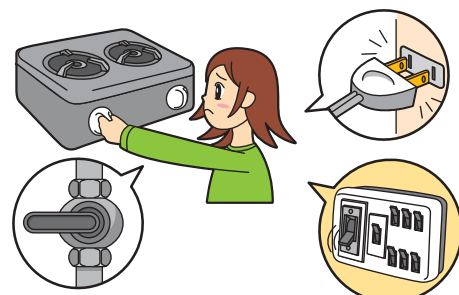
Evacuate swiftly from designated hazardous locations (warnings)

- Evacuate swiftly from tsunami, landslide and other hazard areas
- In other locations, take shelter in a safe location either inside or outside the home



Take countermeasures to prevent fire (warnings)

- Avoid using flames
- If flames must be used, take adequate caution
- Turn off gas, and close valves on propane canisters
- Unplug unnecessary electrical appliances, and switch off breakers if going out. Store items that pose a fire risk in a safe place



3) How to obtain disaster information

It is important to obtain disaster information quickly in order to protect ourselves from disasters. In Yaizu City, we will make full use of various means and send information to citizens in order to appropriately provide information during emergencies or disasters.

TV/Radio



You can check various pieces of information by switching to data broadcasting using the "d button" on a remote control. (Image courtesy of: Shizuoka Broadcasting System)



Data broadcasting can be viewed when you press the d button on a TV remote control. Precipitation amounts every 10 minutes within the city and items such as announced warnings/ alarms and refuge shelters will be displayed.

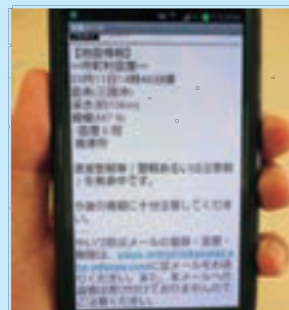
Please check this information during normal times since the display contents are different depending on the TV station.

Broadcast radio



Information such as disaster information/emergency information are broadcast all over the city. In case this information cannot be heard due to rain or wind noise, you can check the contents with a telephone answering device (☎656-2727).

Yaizu disaster email



Broadcast radio broadcast contents that are broadcasted throughout the city can be received by email.

Please see the next page for registration methods.

Public relations vehicle



We will communicate evacuation information to everyone while running public relations vehicles within the city.

Delivery items (you can select this when registering)

[Earthquake/tsunami information]

- Earthquake information
- Tokai Earthquake related information
- Tsunami information

[Fire information]

- Fire occurrence, suppression, extinguishing

[Broadcast radio broadcast contents]

- Outdoor broadcast radio broadcast radio

[Weather information]

- Weather warning (Heavy rain, floods, storms, waves, storm surges)
- Weather special warning (Heavy rain, storms, waves, storm surges)
- Sediment-related disaster warning information
- Recording short-time heavy rain information

Telephones



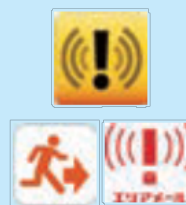
We will communicate evacuation information to everyone utilizing a voluntary disaster reduction association contact network.

Homepage



"Emergency information" will be posted on the top of the city's homepage during emergencies such as a typhoon and earthquake.

Emergency bulletin email



There is a service of mobile phone companies that distributes information such as earthquake early warnings and tsunami warnings presented by the Japan Meteorological Agency and disaster/evacuation information presented by national and local public entities to mobile phones in a specific area.

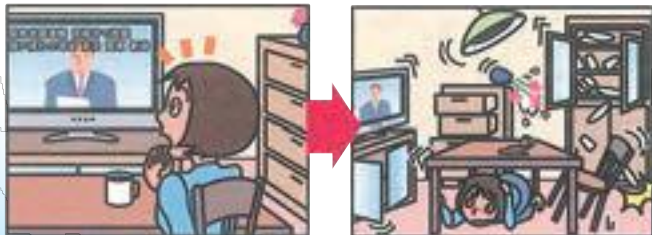
- In addition to this, communication among citizens using SNS such as Facebook or Twitter is an effective means as an information transmission method.
- Let's also consider how to obtain disaster information during a power failure.

4) In case of an Early Earthquake Warning

It is important that you stay calm and ensure your own safety. Refer to the Tips on What to Do below, and consider in advance what you should do during a warning.


At Home

- Protect your head by taking shelter beneath a desk or other sturdy structure
- Don't panic and rush outside
- Don't try to turn off flames when conditions are advantageous



In Crowded Facilities


- Follow directions given by staff/officials
- Act calmly
- Do not panic and rush for the exit



Tips on What to Do During an Early Earthquake Warning

While Driving

- Don't slow down in a panic
- Turn on your hazard lamps and be careful of surrounding cars
- Don't hit your brakes suddenly. Slow down gradually
- If the quake feels large, park onto the left side of the road




Stay calm, consider your soundings, and ensure your own safety!

After an Early Earthquake Warning sounds, strong quakes may come in a matter of only seconds. It is important to act during this short time to ensure your safety.

When Outside (streets/towns)

- Be wary of crumbling concrete-block walls, etc.
- Be wary of falling billboards, broken glass, etc.
- If you are next to a sturdy building, take shelter inside



While Riding Trains/Buses

- Hold on firmly to straps or handrails



In Elevators

- Stop the elevator at the nearest floor and get off immediately



Near Mountains and Cliffs

- Be wary of falling rocks and landslides



(Source: Japan Meteorological Agency materials)

Mutual assistance

By cooperating with people such as neighborhood associations and residents associations to help each other and not only yourself and your family, initiatives for disaster prevention and reduction in regional areas are "mutual assistance".

If you can secure yourself and your family with "self assistance" activities, let's cooperate with surrounding areas to prevent the spread of damage.

Local residents will help each other together

7 Let's participate in regional disaster prevention drills

You are responsible for protecting your own life, but everyone is responsible for protecting the community. Local volunteer disaster prevention organizations are made up of individual citizens.

● Participate in disaster drills with your entire family.

● Aug. 30 – Sep. 5, Disaster Prevention Week

.....Implement comprehensive disaster prevention drills on the last Sunday in August for the September 1 "Disaster Prevention Day" in Yaizu City.

● Nov. Earthquake Disaster Prevention Enhancement Month

.....Nov. 5, Tsunami Disaster Prevention Day. Prefecture-wide disaster prevention exhibits and lecture, etc.

● 1st Sun. of Dec. Local Disaster Prevention Day

.....Drills in anticipation of a sudden, large-scale earthquake

● Jan. 15-21, Disaster Prevention Volunteer Week

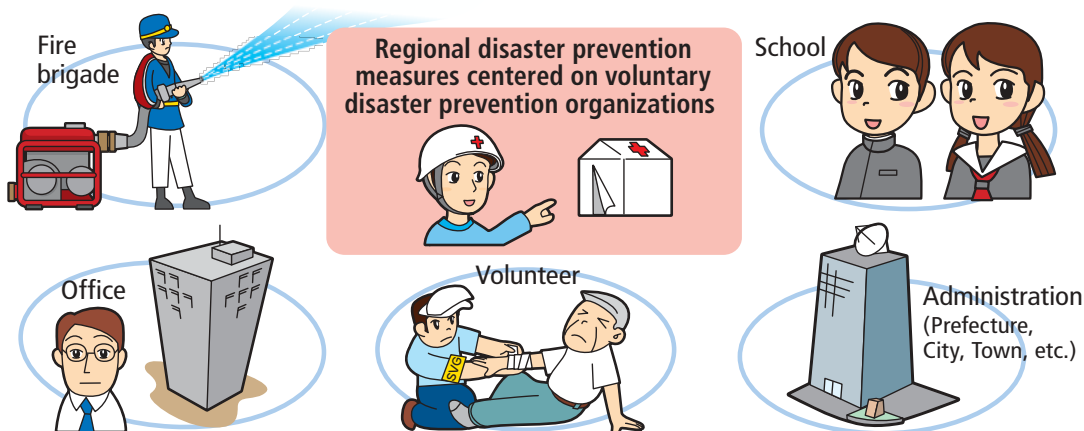
.....January 17 is Disaster Prevention and Volunteer Day

● Early-mid March (incl. Mar. 11), Tsunami Countermeasures Period

.....Initial countermeasure training during a disaster

● If a large-scale disaster occurs, proactively participate in first-aid firefighting and rescue and relief activities.

● In local communities there are a wide range of people who participate in disaster prevention activities. In times of emergency, it is important to cooperate and work as one body in combatting disaster.



By participating in disaster prevention drills ...

- You can connect with local people
- You can gain basic knowledge of disasters
- You can experience handling of disaster prevention equipment
- You can understand your role in the area
- You can confirm evacuation areas and evacuation routes

8 Local Disaster Prevention Organizations

In order to protect your own and your family's lives in the event of a large scale earthquake, such as a Tokai earthquake, there are a variety of precautions that should be taken on a regular basis. However, there are limits to how much any one person or family can do. It is important for neighborhoods to cooperate in an organized fashion to combat a disaster.

Local disaster prevention organizations exist to bring community members together for disaster prevention, not only in times of disaster but on a regular basis. Let's listen to the opinions of diverse individuals such as men/women, senior citizens, people with disabilities, children/young people and foreigners, and let's reflect these opinions to the management of voluntary disaster prevention organizations.

1) Activities Carried out Regularly/During Disaster

- Regularly**
 - Local safety inspections**..... Safety patrols, surveying for hazardous spots, etc.
 - Disaster prevention awareness**..... Vulnerability of community to disaster, household countermeasures, identifying vulnerable individuals, etc.
 - Disaster prevention drill**..... Planning and carrying out drills, practicing first-aid, etc.
- During Disaster**
 - First-aid firefighting**..... Appeals for fire prevention measures, first-aid firefighting, fire alertness
 - Rescue and relief**..... Rescue and relief, cooperation with disaster prevention organizations
 - First-aid/transport**..... First-aid, use of home medicines, checking status of destination hospitals
 - Collecting/transmitting information**..... Collecting and transmitting information, guarding against false rumor, reporting damage and injuries to disaster prevention organizations
 - Evacuation guidance**..... Sounding evacuations, guidance for safe evacuation measures, checking names of evacuees
 - Operating/managing refuge shelters**... Helping to distribute supplies, emergency rice rations, fixing shelter rules

2) Disaster prevention equipment maintenance

For disaster prevention equipment needed by voluntary disaster prevention organizations, considering how much is necessary according to the actual circumstances of the region, if there are any missing items or items that are newly necessary, let's do maintenance. In that case, let's keep maintaining easy-to-use equipment even for women and senior citizens.

However, no matter how much disaster prevention equipment is available, there is no point of not being able to use that equipment in an emergency. Let's do inspection, operation training and consumable item checking, etc. every day.

[Disaster prevention equipment indicated by the Fire and Disaster Management Agency (example)]

Purpose	Disaster prevention equipment
① For information gathering / transmission	Radio equipment, loudspeaker, portable radio, armband, residential map, imitation paper, memo pad, permanent marker (as a writing instrument for collecting and providing information on safety, the damage situation, etc.)
② For initial fire extinguishing	Portable power pump, portable sprinkler, fire prevention water tank, hose, standpipe, complete set of storage equipment, fire extinguisher for street use, fireproof clothing, mouthpiece, hard hat, water bucket, fire protection well, etc.
③ For waterproofing	Lifeboat, life jacket, waterproof sheet, shovel, pickaxe, scoop, rope, mallet, stake, soil bag, rubber gloves, etc.
④ For rescuing	Bar, ladder, saw, scoop, machete, jack, bench, hammer, rope, chainsaw, engine cutter, chain block, hydraulic rescue equipment, portable winch, smokeproof/dustproof mask, etc.
⑤ For relief	Stretcher, first aid kit, tent, blanket, seat, cot, etc.
⑥ For refuge shelters/ evacuation	Cart, generator, alarm equipment, floodlight, sign board, flag, strong light, simple toilet, sleeping bag, assembled shower, etc.
⑦ For school meal/ water supplies	Rice cooking equipment, pot, stove, gas cylinder, water supply tank, emergency water filtration device, drinking water tank, etc.
⑧ For training/disaster prevention education	Simulated fire extinguishing training equipment, broadcast equipment, 119 training equipment, assembled water tank, fogging machine, audiovisual equipment (video/projector etc.), fire experiment equipment, fire extinguisher for training, training doll for CPR, training fire alarm equipment for residential use, etc.
⑨ Other	Simple equipment material storage area, vinyl sheet, mobile phone charger, blue sheet, etc.

Source: Published by the Fire and Disaster Management Agency "Guidance for Voluntary Disaster Preparedness Organization" (Fire and Disaster Management Agency)
https://www.fdma.go.jp/html/life/bousai/bousai_2304-all.pdf Based on an item created by the Seikosha Printing Co., Ltd.

9 Fire Prevention Measures

When thinking "if there is a fire" every day, let's consider fire protection measures like confirming if there are "fire sources" in each house. Initial firefighting will succeed just from daily preparation. Let's be sure to participate in disaster drills conducted in the area and work on fire protection measures in cooperation with our neighbors.

- **Be sure to keep a fire extinguisher available, and learn how to use it.**

Dry chemical fire extinguishers are suitable for extinguishing any type of fire. Keep fire extinguishers and other fire prevention tools in an easy to see and readily accessible location.

- **Always keep several buckets filled with water on hand.**
- **Do not leave flammable items on or near burners.**
- **Take precautions to keep gas/kerosene containers and similar items from overturning.**
- **Ensure that all family members are aware of where gas spigots and electrical breakers are located, and know how to use them.**

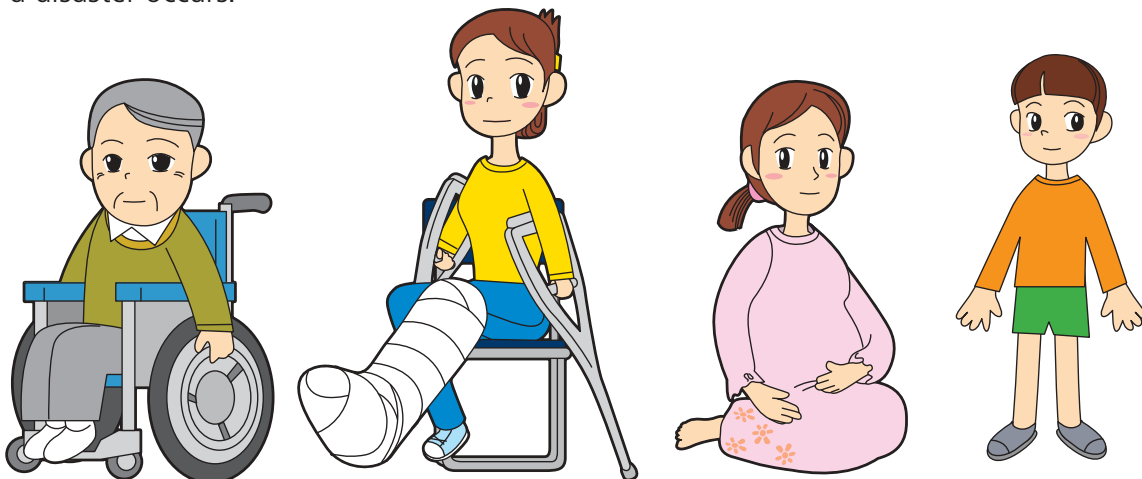


10 Help and concern for people who need consideration

When a disaster occurs, for people who need various types of assistance even in normal times, there are major difficulties such as evacuation to safe places and continuing to live at evacuation destinations. We call such people "people who need consideration".

When a disaster occurs, people who live nearby can lend their hands to people who need consideration.

In addition to watching people every day, please try to help people who need consideration when a disaster occurs.



① The following kinds of support are necessary for people who need consideration.

- **Senior citizens**

- It is necessary to tell information quickly and accurately.
- Evacuation guidance and movement support is necessary.

- **People who have disabilities for vision, hearing and voice/language functions**

- It is necessary to communicate information accurately in response to each disability.
- It is necessary to support evacuation for people with disabilities.

Specific handling

Handling for people with visual impairments

- Guide them while telling them destinations or directions.
- Be mindful of steps and the floor they are on, and walk slowly.

Handling for people with impaired hearing, voice/language functions

- Tell information with methods such as writing or gestures.
- Speak with a big and open mouth since there are times where people can understand words with mouth movements.

- **People with physical disabilities**

- Movement support is necessary.

- **People who have impaired internal organs**

- Movement assistant is needed according to the impairment.
- Support such as contact to medical institutions is required.

- **People with intellectual, developmental and mental disabilities**

- Support for evacuation is necessary.
- In refuge shelters a blocked situation and surrounding environment through aspects such as the degree of disability is necessary.

- **Pregnant women, mothers with infants**

- In refuge shelters, it is necessary to be concerned about soundproofing and hygiene.

- **Foreigners who do not understand Japanese**

- There is a need to communicate information accurately.

② Measures for critical people in voluntary disaster prevention organizations

- **Create individual plans (items to define procedures for information transmission and evacuation support for people who cannot independently evacuate such as people who need consideration) along with valuing communication every day, and let's prepare a system that can support people who need consideration in the region when a disaster occurs.**

- **During disaster prevention drills, let's actively call out to people who need consideration and know every day what kind of help they need.**

③ Let's take care of things like the following every day!

- **When there is an emergency, since it is necessary to help people in the area, let's build a good relationship with people in the area and participate as much as possible in local activities, etc.**
- **Let's make efforts so that we can protect ourselves by ourselves every day.**

Public assistance

Disaster prevention system development in administrative agencies such as the city, prefecture and country levels and firefighting agencies are called "public assistance".

Specifically, each institution such as city hall, Shizuoka Prefecture, firefighting agencies, the Self-Defense Forces, Japan Coast Guard and the police are preparing for emergency measure activities as soon as possible from the occurrence of a disaster.

In addition with cooperation with citizens and related organizations, we are doing a variety of initiatives for measures against disasters and emergency preparedness for a disaster or during a disaster.

==Main public assistance efforts==

- **Formulation of a regional disaster plan with items such as disaster prevention related organization disaster countermeasures decided.**
- **Formulation of the Yaizu City earthquake and tsunami countermeasure action program 2014, Formulation of the Yaizu City tsunami disaster prevention area promotion plan, etc.**
- **Information transfer function enhancement**
 - Yaizu disaster email · Facebook
 - Utilization of homepages, etc.
 - Disaster prevention administration radio enhancement
 - Hotline construction with residents' associations
- **Refuge shelter function enhancement**
 - Ration maintenance and management
- **Support to self assistance**
 - Education, etc. through visiting courses and pamphlet distribution
- **Support to mutual assistance**
 - Voluntary rescue and rescue team training (improvement of rescue technology)

Refer to P16



· Disaster leader training course

· Disaster prevention visiting class



- Voluntary disaster prevention activity education through visiting courses
- Subsidies for voluntary disaster prevention activities
- Lifesaving training

- **Rescue activities in the event of a disaster (life rescue, restoration, reconstruction, etc.)**
- **Emergency measures for lifeline services such as electricity, gas and water**
- **Emergency drills (strengthen cooperation with voluntary disaster prevention organizations and related organizations)**
- **Maintenance of disaster prevention facilities (disaster prevention storage warehouse, earthquake resistant water storage tank, etc.)**
- **Maintenance of tsunami evacuation facilities**

- Tsunami evacuation tower maintenance



- High ground improvement



- **Tsunami lifeboat installation**

