

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.

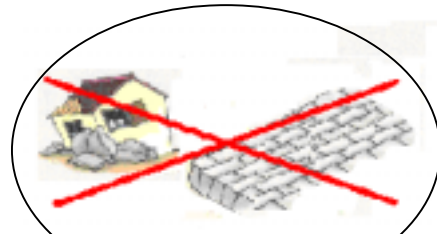
- Keep slippers and sneakers nearby for safe escape.
- Keep a flashlight handy in case of power failure.
- Take measures to keep cupboard and window glass from shattering and scattering.

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.

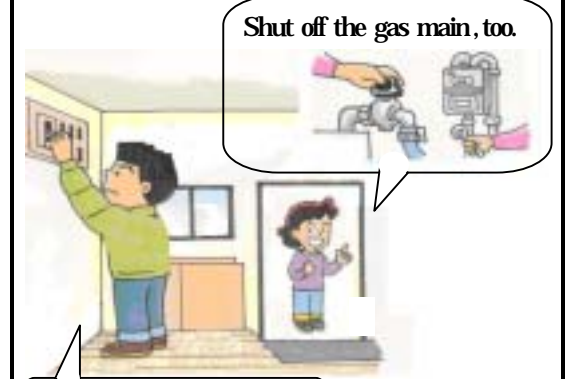
- Have a fire extinguisher ready and keep water in the bathtub in case of fire.



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.



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.

