

DISASTER PREVENTION MANUAL (FOR STUDENT)

Be sure to read the manual and keep with you at all times



Daily Preparation

- Check the location of an evacuation shelter
 - Landslide : _____
 - Flood : _____
 - Earthquake : _____
- Sign up disaster information service of local government
- Check with your family on how to contact each other and meeting spot
- Check on how to contact PUH staff and friends
- Prevent furniture from falling
- Do not place any objects in the hallway through outside
- Prepare emergency supplies
- Check the route on how to go home on foot
- Sign up for Disaster Emergency Message Service

In the event of Earthquake

- Don't panic and secure your safety
- [During an Earthquake]**
 - Hide under a desk or place to protect from falling objects, and protect your head with a bag or clothes
 - Keep away from glass and/ windows that may break
 - Extinguish any fire source (If possible)
 - Secure an exit such as door or window to evacuate
 - Press buttons of all floors if you are in an elevator
- [After an Earthquake]**
 - (In case you are in school)
 - Stay in a classroom in a safe position until instructed otherwise

- Follow instructions and move to an evacuation shelter
- Go down stairs very carefully (Never use an elevator)
- Await further instructions from Disaster Management Team after evacuation

- (In case you are outside)
- Protect your head with an object such as bag and keep away from buildings
- Protect yourself from broken glass
- Move to an evacuation shelter after an earthquake

[After a Disaster]

- Do not move unless necessary-
- Check availability of public transportation, happening of black out or not, and disaster information around your area.
- Don't be misled by wrong information or lies, and check for correct information from the local authority
- [Returning home]**
- Walk on wide roads to go home- Keep the following in mind when returning home
- You are allowed to return home if it is possible to return during day time.

- Return home in a group when possible.
 - Help each other
- Return home by walking along the side of the highway.
 - Highway is wider and safe when allowed to walk
 - Use home-return support service at convenience stores or gas stations
- ※ If you can't return home during daytime, stay at the school.

Torrential Rain·Landslide Disaster

- Collect information for safety
- [Prepare for Typhoon]**
 - Typhoon is predictable beforehand
 - Check the scale of typhoons and the estimated arrival time
- [Prepare for Torrential Rain]**
 - Torrential rain that happens suddenly in a small area is unpredictable.
 - Check environmental conditions in your area
- [Pay attention to Landslide]**
 - Evacuate immediately if the height of a slope next to your house is over 4m.

- Sign of Landslide
- Spring water fountain keeps running after rain
- Pebbles and soils falls from a mountain slope
- The color of fountain or river is dull
- Cracks in ground
- Ground-Rumbling Sound
- ※ Landslide may happen if you notice a muddy smell.
- [Keep away from dangerous areas]**
 - Stay away from the place where a tidal wave, flood, and landslide may happen
 - Contact to your neighbor and evacuate earlier if you feel in danger.
 - Check in advance how to evacuate and the locations of evacuation shelters

[Evacuation Order]

- Check up-to-date information through TV, radio, or cellphone
- Evacuation order or advisory will be released through local government , media, fire-department or police. Follow their instruction to evacuate
- Alert Level3: Risk of disaster, Evacuation of the Elderly,etc. Note:An Alert Level 3 indicates that everyone living in the evacuating area should prepare to evacuate if the Alert Level is raised.

- People who may have difficulty evacuating quickly or who feel that they are already in danger should proceed to evacuate themselves.
- Alert Level4: High risk of disaster, Evacuation Instruction
- Alert Level5: Disaster occurrence Emergency Safety Measures

In the Event of A Fire

- Pull the alarm first (Fire Alarm)- **[Initial Action]**
- Be sure of your safety and put out the fire with a fire-extinguisher

- If no fire-extinguisher is available, cover the fire with wet towels or clothes to cut off the oxygen source **[If you fail to extinguish the fire, evacuate immediately]**
- if you fail to extinguish the fire, or the fire reaches up to ceiling, stay calm and evacuate immediately.
- [Smoke]**
- Cover your mouth with a wet handkerchief or clothes and evacuate with crawling the floor.
- Go down stairs holding the handrail , or putting your hands on a wall that is not hot. (Never use an elevator)

- Let others know your safety [How to contact your family]**
- The below service is available at any catastrophic disaster-
- [Disaster Emergency Message Service171]
- Record your message Dial 171+1+phone # (including area code)
- Replay the message Dial 171+2+phone # (Including area Code)
- [Disaster Emergency Message WEB Service 171]
- Visit the following to sign up <https://www.web171.jp/> After registration of your phone number with area code, then leave message

[How to contact to PUH]

- Inform PUH on your safety after everything settles down.-
- Personal Safety Confirmation Email
- At emergency, PUH will contacts all students through portal service to inquire after your safety. Be sure to reply us with necessary information.
- Phone # at Educational & Student Affairs Office
- Hiroshima : 082-251-9710
- Shobara : 0824-74-1700
- Mihara : 0848-60-1126

Emergency Supplies

- Store drinking water and foods on a daily basis in order to bring them in case of an emergency
- Emergency Supplies
- Cash and coins
- Health Insurance Card
- Towels · Bandage
- Flash Light
- Whistle · Buzzer
- Tissue Paper · Wet Tissue
- Heat-insulated aluminum sheet
- Chocolate · Candy etc.
- Student ID (Driver's License)
- Address book
- Raincoat
- Cell Phone, Smart Phone
- Battery for cell phone/External
- Stationary

● The other Useful Items in an Emergency

- Surgical Mask/Gloves
- Portable Toilet · Sanitary Napkin
- Bankbook
- Daily Medication & Prescription
- Athletic Shoes
- Match or Lighter
- Rope
- Spare Battery
- Slippers
- Disposable Hand Warmer
- Name Seal
- Outerwear, Underwear, Socks
- Backpack
- Candle
- Can Opener/Bottle Opener
- Travel Amenities
- Emergency Foods, Water

[Personal Memo]

Name _____

Student ID# _____

Faculty/Research _____

TEL _____

Address _____

Blood Type _____ Rh(_____)

Chronic Disease _____ Daily Medication _____

Allergy _____

Emergency Contact _____ Relation(_____)