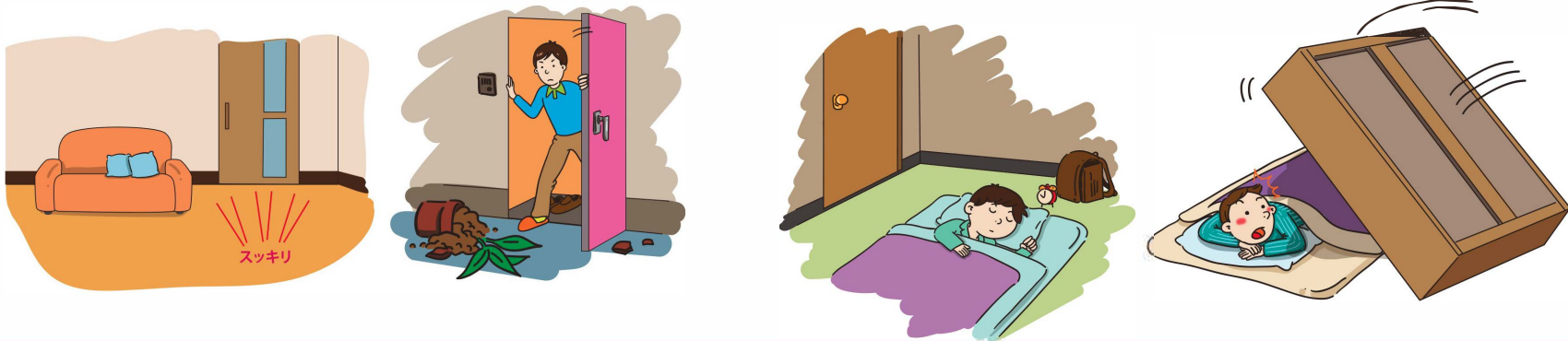


# Household Safety Measures

- **Create a safe space inside your house that can act as a shelter.**  
**Refrain from placing things in doorways and corridors.**

If you have multiple rooms, place most of your furniture in the room with least traffic. Refrain from placing furniture or anything that can easily fall down in corridors to the entrance or other doorways.
- **Refrain from placing furniture in bedrooms and rooms for children and the elderly.**

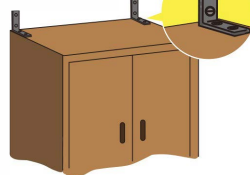
Earthquakes are even more dangerous when they occur while sleeping. Children, the elderly and sick persons are more likely to be left behind. Prepare an emergency bag with shoes, flashlight, whistle and such by the bed. Refrain from placing furniture that could easily fall down, since fallen furniture is highly likely to obstruct evacuation.



## Points to prevent overturning and falling objects inside the house

### Chest of drawers and bookshelves

Fix them with L-shaped metal fittings and bearer bars. Two-tiered shelves should be tightly jointed to each other by metal fittings.



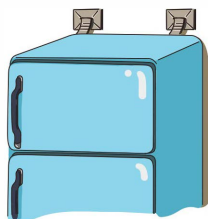
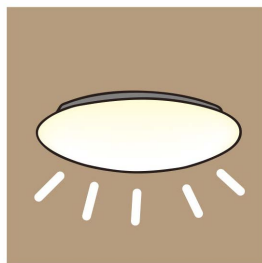
### Cupboard

Fix with L-shaped metal fittings, etc., and place non-slip sheets or dish towels on shelf boards. Place heavy tableware in lower shelves. Fix shelf doors with metal fittings to prevent unexpected opening.



### Lighting fixtures

Replace lighting fixtures on the ceiling with the type of ceiling light that is attached directly to the ceiling.



### Refrigerator

Use belts to fix the backside of it to the wall. Connecting the belt fitting part on the top back to the wall is highly effective.



### TV

Fix it to the lowest possible position. Refrain from placing it on other furniture.

## Safety measures around the house

### Roof

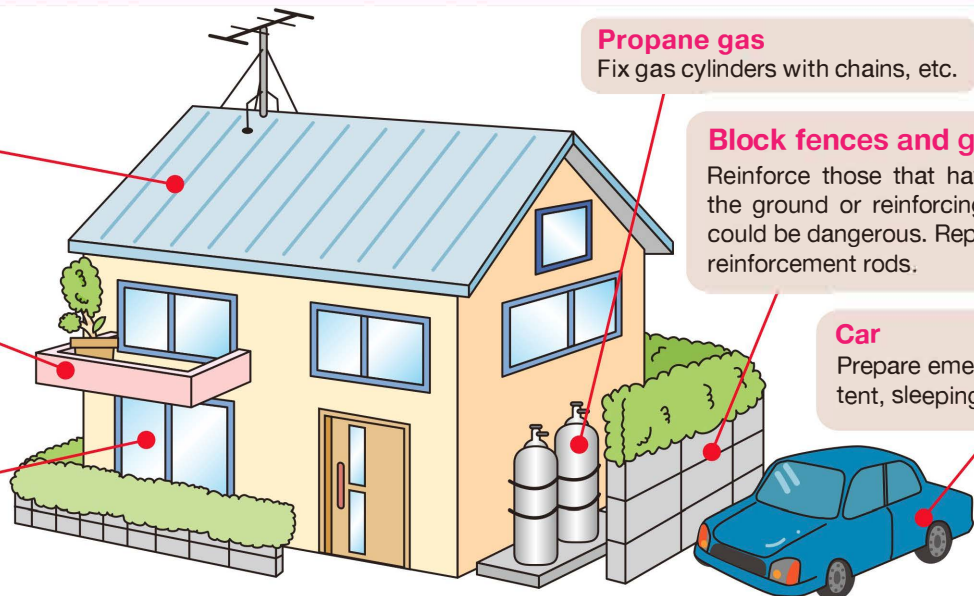
Reinforce unstable roof antennas, roof tiles and such.

### Balcony

Keep flowerpots and other things tidy. Do not place anything where there is a risk of falling.

### Windowpanes

Adhere anti-shattering film. Replace curtains with fire-proof material.



### Propane gas

Fix gas cylinders with chains, etc.

### Block fences and gateposts

Reinforce those that have no foundations in the ground or reinforcing rods inside or they could be dangerous. Repair cracks and rust on reinforcement rods.

### Car

Prepare emergency escape tools, jack, tent, sleeping bag, plastic sheets, etc.

## Evaluate the seismic capacity of your house

Is your house major earthquake resistant? Check the following points to evaluate your own house. If any one of them gives you concern, have a professional evaluation.

- ☐ **Has it been constructed prior to the end of May, 1981?**  
(The present earthquake resistance standard based on the Building Standard Act was introduced on June 1, 1981.)
- ☐ **Has it been damaged by the past earthquakes?**
- ☐ **Has it been built on reclaimed land, banked location developed on a slough, or land with liquefaction risk?**
- ☐ **If wooden housing, is the foundation made of reinforced concrete and well-integrated with the base of the building?**
- ☐ **Does it have a complex shape with many uneven surfaces or a large vaulted ceiling?**

In order to make an earthquake vulnerable house earthquake-resistant, either rebuilding or seismic retrofitting will be necessary. Be sure to conduct a seismic capacity evaluation prior to seismic retrofitting.

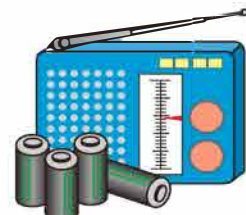
- Seismic capacity evaluation ..... Commission an architect to inspect the drawing and the actual site of the house to check where the weak points are.
- Seismic retrofitting plan ..... After determining weak points through seismic capacity evaluation, draw a plan for the retrofitting work. Have the architect explain the design contents, such as reinforcement of the foundation and walls, or replacing the roof to lighter material. Other than the retrofitting work to strengthen the seismic capacity of the house, there are simpler modifications such as placing "aseismic shelter" or "disaster prevention bed" that are capable of protecting residents.
- Seismic retrofitting work ..... Commission a construction company or building contractors to perform work based on the architect's design. Ask the architect to take part in the work as a supervisor and check if the work is being done according to the plans.

# Things to Take with and Keep Stock for Emergency

Prepare and inspect on daily basis so that you can take them with you in times of crisis.

## Things to take with in emergency (example)

### Portable radio



- ☐ Radio
- ☐ Batteries (prepare extra)

### Emergency medical supplies



#### Infectious disease prevention

- ☐ Medical mask
- ☐ Antiseptics for hands
- ☐ Clinical thermometer

- ☐ First-aid kit
- ☐ Household medicines (for chronic disease, etc.)
- ☐ Health insurance certificate, medicine history handbook, etc.

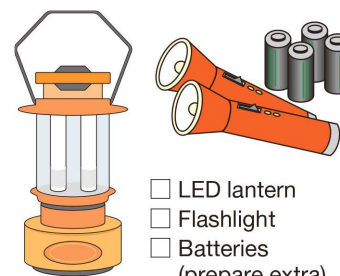
### Emergency food



Food with no need of cooking, and eating utensils, etc.

- ☐ Drinking water
- ☐ Hardtack
- ☐ Canned food
- ☐ Processed quick-cooking rice
- ☐ Candies, chocolate, etc.

### Lighting equipment



- ☐ LED lantern
- ☐ Flashlight
- ☐ Batteries (prepare extra)

### Others

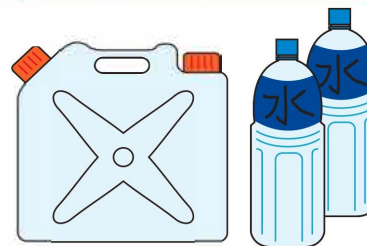
- ☐ Cash (more change than bills)
- ☐ Whistle (to call for help)
- ☐ Spare clothes
- ☐ Facial tissues, wet wipes
- ☐ Toothbrush
- ☐ Battery charger for cellphone
- ☐ Baby goods (milk, baby food, diapers, etc.)
- ☐ Sanitary items
- ☐ Contact lenses and eyeglasses
- ☐ Towels
- ☐ Plastic wrap (for stopping bleeding and covering tableware)
- ☐ Disposable chopsticks, paper dishes and paper cups
- ☐ Portable toilet
- ☐ Newspaper
- ☐ Dentures and hearing aids
- ☐ Backpack
- ☐ Plastic bags
- ☐ Ear plugs and eye masks
- ☐ Matches and lighters
- ☐ Scissors
- ☐ Slippers
- ☐ Writing materials and notepad

#### Necessities for each household

## Things to keep stock for emergency (example)

Stock enough goods to sustain for a few days (3 days at least, 7 days recommended) until recovering from the disaster.

### Drinking water



- ☐ Drinking water (3L/person/day is the estimated standard amount)
- ☐ Water storage tank, etc.

### Emergency food



- ☐ Rice (Processed quick-cooking type comes in handy)
- ☐ Canned and retort foods
- ☐ Pickled plums, seasonings, etc.
- ☐ Dried food, candies, chocolate (snacks, etc.)

### Fuel



- ☐ Tabletop stove
- ☐ Gas cartridges
- ☐ Solid fuel

### Others



- ☐ Domestic water (store in bathtub, etc.)
- ☐ Blankets, sleeping bags, toiletries, etc.
- ☐ Cooking utensils (pots, kettle, etc.)
- ☐ Buckets, various outdoor equipment, etc.
- ☐ Portable tooth-brushing and shaving set, etc.

## Recommended protective clothing when evacuating



## Prepare for the event that going home becomes difficult

When a major earthquake hit during daytime, there is high possibility of many people becoming unable to return home due to the stoppage of public transportation. In case you have to walk home from your work or school, make preparations on a day-to-day basis.

### Prepare emergency goods

Portable radio, helmet (or disaster hood), sneakers, emergency food, flashlight, leather gloves, map, all-weather goods, etc.

### Prepare homeward route map

Some roads may become impassable depending on the disaster damage, it is recommended to prepare multiple route plans.

### Decide means of communication between family members

It may become difficult to communicate with your family and relatives after earthquakes occur. It is essential to have mutual understanding between family members regarding the items below.

- ☐ **Means to confirm each other's safety when disaster occurs.**
- ☐ **Place for family members to meet up.**
- ☐ **Routes to be taken when walking home.**

