



2 In case of natural disasters

Japan is one of the countries most frequently affected by earthquakes in the world. For an earthquake to occur at any time or place is not strange. Moreover, from summer to fall, a large number of typhoons come to Japan. In order to minimize the damage caused by such natural disasters, it is important to take anti-disaster countermeasures on a routine basis, and when a disaster occurs, take action calmly.

2-1 Earthquakes

Japan has a large number of earthquakes by world standards. In addition, tsunamis accompanying earthquakes can also occur.

(1) Size of earthquakes

Currently, there are 10 levels of earthquakes, indicating the strength of the seismic vibrations. The higher the number is, the stronger the vibrations become.

Level of vibration	Degree of shaking	Level of vibration	Degree of shaking
0	Shaking cannot be felt by people. 	5 (weak)	The majority of people will make moves to ensure their personal safety. Furniture may be jolted. 
1	Slight shaking is felt by some people indoors 	5 (strong)	The majority people are hindered when trying to do anything. Cupboards etc. may fall over. 
2	Some people who are sleeping will wake up. Items hanging from the ceiling, such as electric lights, will shake slightly. 	6 (weak)	It is difficult to stand. The majority of pieces of furniture that has not been affixed will be jolted or fall over. 

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<p>3</p>	<p>Most people who are indoors will feel the shaking. Crockery standing on shelves may rattle.</p>		<p>6 (strong)</p>	<p>People have to crawl in order to move. Tiles and window glass on the majority of buildings shatter and fall.</p>	
<p>4</p>	<p>Most people who are sleeping will wake up. The electric light will swing and crockery standing on shelves will rattle loudly.</p>		<p>7</p>	<p>People cannot move at will. Tiles and window glass on most buildings shatter and fall.</p>	

In addition, following a large earthquake (the main shock), there continues to be shaking again and again. These are called "aftershocks." These can be as strong as the main shock, and may occur any number of times, so caution is essential.

(2) When an earthquake occurs (action manual)

<p>Situation when the earthquake occurs</p>	<p>Action manual</p>
<p>Indoors</p>	<ol style="list-style-type: none"> 1 When it happens, first of all make moves to ensure your safety by, for example, crawling under a desk. 2 As the shaking subsides, quickly turn off any heat sources. 3 Ensure your exit by opening the door. 4 When you go outside, take action without panicking, and watching out for any objects which may fall down or fall over. 5 Move on foot to your evacuation site. 6 Cooperate with people nearby to do what you can, and as far as possible get the latest information through the radio or by other means.
<p>Inside an elevator</p>	<ol style="list-style-type: none"> 1 Try pressing the buttons for all the floors. 2 Try and see if you can get off at the place where the elevator has stopped. (if an automatic implanted device is installed, the elevator will have stopped at the nearest floor) 3 If the electricity has cut out and the doors cannot be opened, continuously press the



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	emergency button and wait for someone to get in contact.
Outdoors	<ol style="list-style-type: none">1 There are dangers from objects such as signs which can fall down, and from brick walls falling over, so take care.2 Preserve your bodily safety by going to the place nearby which you judge to be the safest place, after checking in all directions.
When driving a vehicle	<ol style="list-style-type: none">1 Keeping a firm grasp on the steering wheel, slow down gradually and bring the vehicle to a stop.2 Vacate the central lane of the road, so that emergency vehicles such as fire engines and ambulances can get through.3 Evacuate on foot, with the key in the vehicle and leaving the door unlocked.
Inside a train etc.	<ol style="list-style-type: none">1 Take a firm hold of the strap or handrail with both hands.2 Even if the train stops in the middle of the tracks, do not leave the train without instruction by, for example, opening the emergency handle or jumping out of the window.3 Follow the directions of the driver and crew.

(3) Preparing for secondary disasters (disasters occurring in the aftermath of earthquakes)

The most common secondary disaster following an earthquake is fire. To prevent fire, it is important to turn off heat sources promptly. When the main shaking subsides, turn off gas cooking equipment and stoves that you have been using. Turn off gas cooking equipment at the main gas tap, and take out the plug of electrical equipment at the socket. If you are going to evacuate, turn off the circuit breaker before you evacuate. In the event that a fire should break out, call your neighbors and work cooperatively to put out the fire in its early stages.

Furthermore, tsunamis can occur after earthquakes. Tsunamis can arrive before you hear radio or television information of them; therefore, when you feel shaking, move away from the coastline immediately, and evacuate speedily to a safe place, such as somewhere on high ground. Tsunamis can sometimes occur two or three times. Even after one tsunami has come, do not relax; avoid going near the coastline until the warnings and advisories have been withdrawn.

