

# Important Points about Disaster Response Drills



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It is important to participate in Disaster Response Drills so that you can act appropriately if a disaster happens.

## 1. Earthquake Simulation Truck

This drill helps you safely experience what it is like during an earthquake so you know what to expect. It is important to know what it feels like during an earthquake so you can act calmly during a disaster.



This is the Japanese Meteorological Agency’s Seismic Intensity Scale (Based on the strength of tremors)

Seismic Intensity 4	Most people who are walking can feel the tremors. Most people who are sleeping wake up.
Seismic Intensity Weak 5	Dishes and books fall from shelves.
Seismic Intensity Strong 5	Unsecured furniture may topple over. (In the Great East Japan Earthquake this was felt in Taihaku Ward.)
Seismic Intensity Weak 6	Standing is difficult. Most unsecured furniture will move and will probably topple over. Doors may become difficult to open. (In the Great East Japan Earthquake, this was felt in Aoba Ward, Wakabayashi Ward and Izumi Ward.)
Seismic Intensity Strong 6	It is impossible to stand. Almost all unsecured furniture will move and most will topple over. (In the Great East Japan Earthquake, this was felt in Miyagino Ward.)
Seismic Intensity 7	Unsecured furniture will move, topple over, and some could even fly across the room.

## 2. Fire Related Drills

### (1) Drill for Putting Out a Fire with a Fire Extinguisher

If the fire is small, you can extinguish it with a fire extinguisher.

- ① Yell, 'Fire!' to try to get help.
- ② Bring the fire extinguisher near the fire.
- ③ Pull out the safety pin.
- ④ Hold the hose and point it at the base of the fire.
- ⑤ Strongly squeeze the lever together.



### ★★ Tips ★★

- ◆ You can use a fire extinguisher for 10-15 seconds.
- ◆ Try to keep your body as low to the ground as possible to protect yourself from smoke and heat.
- ◆ If you are in a room, make sure that there is an exit behind you so you can escape.
- ◆ You cannot extinguish flames that are as tall as the ceiling. In this case, please evacuate the room.

### (2) Water Bucket Extinguishing Drill (Bucket Brigade)

This is a method that has everyone working together to extinguish a fire.

- ① Break into two teams. (One team is the team passes water-filled buckets, the other passes empty buckets.)
- ② Judge the situation of the fire.
- ③ Break up into two groups to create two lines of people who are back to back for passing the buckets.
- ④ There is a chance that the fire could come towards the group because of wind, so make the line upwind.
- ⑤ Continue to pour water at the fire until it is extinguished.



### 3. Smoke-Filled Room Experience

In the event of a fire, poisonous gas can come from burning materials and if you breathe it in, there is a chance you could die. It is very important to be calm and evacuate a smoke filled room as quickly as you can without breathing in smoke.



#### ★★ Tips ★★

- ◆ Keep your body low to the ground as you move.
- ◆ If you can't see anything around you, walk along a wall.
- ◆ Cover your mouth and nose with a wet handkerchief.
- ◆ To try to avoid breathing in smoke, try to take small breaths through your nose.
- ◆ Walk as you evacuate. If you run you need more oxygen than just walking.
- ◆ Don't turn back halfway; continue going the way you are going.

### 4. Calling 119 Drill (Emergency Services)

This is a drill where you practice calling an ambulance or fire truck.

You can call 119 from any phone, even a landline or cell phone, just by dialing those three numbers.

When you have been connected, you need to stay calm and listen to the operator and do as they say.

119 is free. Calling for an ambulance or a fire truck is also a free service.



#### ★★ Tips ★★

- ◆ If you feel nervous about speaking Japanese, please ask a Japanese person around you to talk on the phone.
- ◆ If you can't speak Japanese, but you speak very slowly in English, you can still get help.

## 【Fire】

Operator	Hyaku jū kyū. Shōbōkyoku desu. (119. This is the Fire Bureau. ) Kaji desu ka. Kyūkyū desu ka. (Is a fire? Is it an emergency? )
You	Kaji desu. (It's a fire.)
Operator	Jūsho to onamae o oshietekudasai. (Please tell me your name and address.)
You	___ku___chome___ban___gou desu. ( ___Ward___Machi___Choume___Ban) Namae wa ___desu. (My name is ___.)
Operator	Nan kai date no nan kai ga kaji desu ka. (How many floors does the building have and what floor is the fire on?)
You	Ni kai date jūtaku no ikkai kara kemuri ga dete imasu. (There are two floors to the building and there is smoke coming from the 1st floor.)
Operator	Nani ka moete imasu ka. (Is something burning?)
You	Tenpura nabe no abura ga moete imasu. (The oil from a pan is burning.)
Operator	Nige okureta kata wa imasen ka. (Is there anyone who hasn't evacuated yet?)
You	(Example 1) Zen'in hinan shimashita. (Everyone has evacuated.) (Example 2) Naka ni dare ka iru yō desu. (I think someone is still inside. )

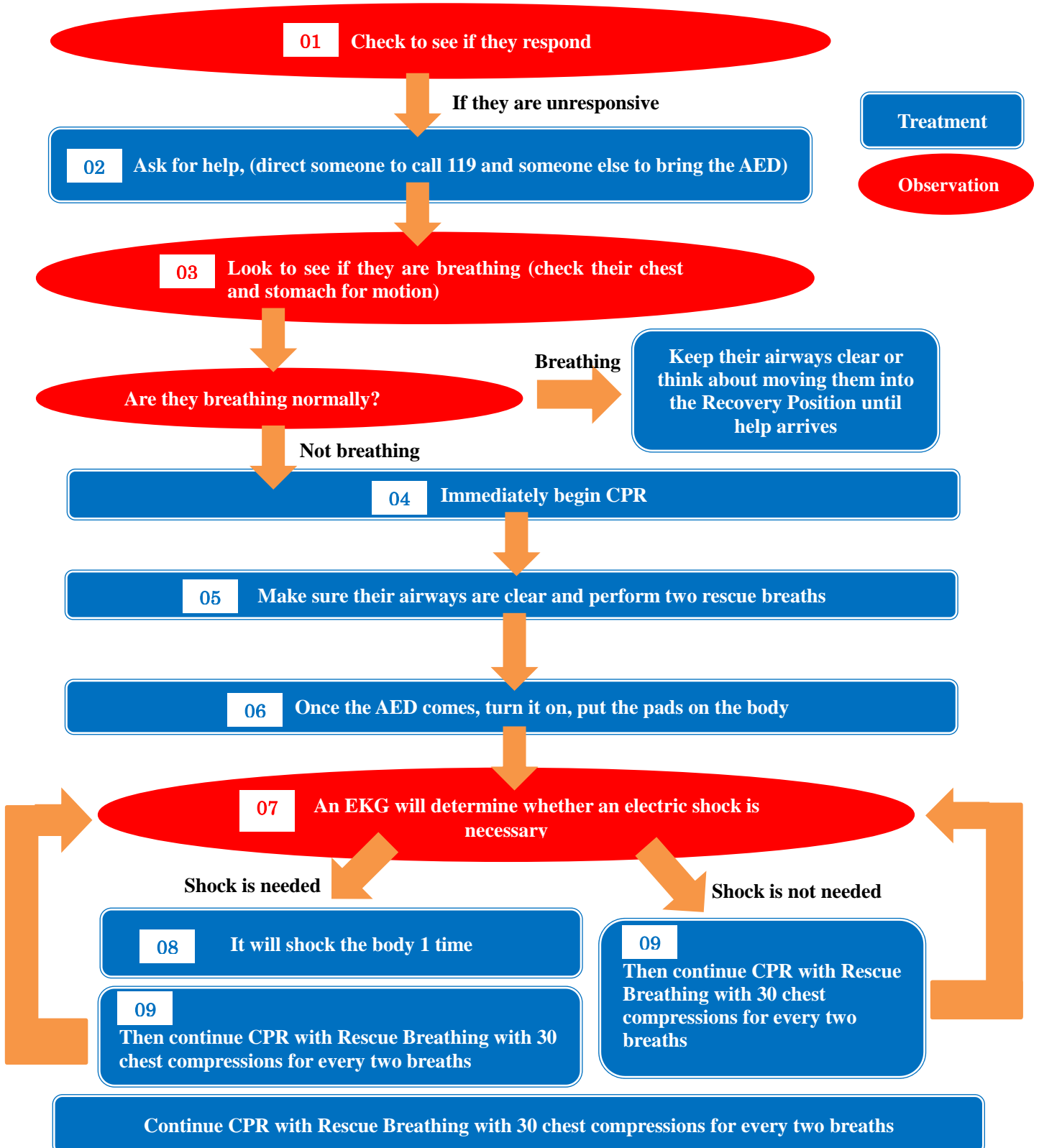
## 【Emergency】

Operator	Hyaku jū kyū. Shōbōkyoku desu. (119. This is the Fire Bureau. ) Kaji desu ka. Kyūkyū desu ka. (Is a fire? Is it an emergency? )
You	Kyūkyū desu. (It's an emergency.)
Operator	Jūsho to onamae o oshiete kudasai. (Please tell me your name and address.)
You	___ku___chome___ban___gou desu. ( ___Ward___Machi___Choume___Ban) Namae wa ___desu. (My name is ___.)
Operator	Byōki desu ka. Kega desu ka. (Is the person sick or are they hurt? )
You	50 sai no dansei ga byōki desu. ((Example 1) A 50 year old man is sick.) 30 sai no josei ga kega shimashita. ((Example 2) A 30 year old woman is hurt. )
Operator	Ohanashi dekimasu ka. (Can he/she speak?)
You	Dekimasu. ((Example 1) Yes he/she can.) Dekimasen. ((Example 2) No, he/she can't.)
Operator	(Example 1) Kokyū ha arimasu ka. (Is he breathing?) (Example 2) Shukketsu shiteimasu ka. (Is she bleeding?)
You	(Example 1) Iie. (No.) (Example 2) Hai. (Yes.)

## 5. Basic Life Support

If a person suddenly stops breathing or their heart stops, First Aid in the form of Basic Life Support is very important to help save their life as you wait until an ambulance comes.

### How to Provide Basic Life Support (CPR and AED)



## How to Perform CPR

### Check to See if they Can Respond

- ◆ Try to speak near their ear in a loud voice.
- ◆ Tap their shoulder lightly to see if they respond.

### If the person is unresponsive, ask for help in a loud voice.

(Direct someone who comes to call 119 and someone else to bring the AED.)



### Look to see if they are breathing: check their chest and stomach for motion.

- ◆ Are they breathing normally?
- ◆ If they are breathing, their chest and stomach will rise and lower at least once in ten seconds.

### CPR (Cardiopulmonary Resuscitation)

- ◆ Make sure your elbows are straight, and lean your body forward to put weight on your folded together hands and press strongly down on the person in front of you over their heart. Your hands should sink down at least five cm.
- ◆ After you push down, wait until their chest returns to normal before you begin pressing again.
- ※ If you are worried about infectious diseases or other instances when it isn't possible to perform rescue breathing it is fine to just continue CPR.



### Making Sure Airways are Clear

- ◆ Using the left hand, press down on the person's forehead and using the right hand place two fingers upward under their chin while gently moving the head backwards with the left hand.

### Rescue Breaths (2 Times)

- ◆ Place your mouth over theirs to form a seal and breathe out for one second.
- ◆ Check to make sure that their chest rises from your breath. If it doesn't, try clearing the person's airways again.
- ◆ Take your mouth off and then perform one more rescue breath the same way. (Do this until you have gotten two breaths in.)

### Continuing CPR and Rescue Breathing

- ◆ After you have performed CPR 30 times, perform two rescue breaths.
- ◆ Continue this until the ambulance staff come or, the person you are helping either moves, says something or resumes breathing normally.

### Turning on the AED

- ◆ When the AED has arrived, place it next to the head of the person you are helping.
- ◆ Even if you are in the middle of CPR, please use the AED as soon as it arrives.
- ◆ Turn on the AED.

### Putting on the AED Pads

- ◆ Remove the person you are helping's clothing on their upper body and affix the pads in the proper area.
- ◆ The pads should be placed on the upper right part of the chest and the lower left side of the stomach at their side.

### EKG

- ◆ Once you have placed the pads in their position, an EKG will take place.
- ◆ At this point, make sure no one, including you is touching the person directly.

### Pressing the Shock Button

- ◆ The AED will tell you whether or not an electric shock is necessary. If it is necessary, the AED will charge itself.
- ◆ Once the AED is charged, it will tell you when to press the shock button.
- ◆ Make sure no one including yourself is touching the person at that time.



### Begin CPR again

- ◆ Once the shock has been delivered, a message will tell you to begin CPR again. So begin CPR again at once.

## 6. Evacuation Drill

When a Disaster Response Drill calls for an Evacuation Drill, we are able to learn the correct way to evacuate and which Evacuation Area to go to. You should go to an Evacuation Area if:

- ◆ Your house has been damaged by an earthquake or seems it will be damaged by aftershocks.
- ◆ You are worried about flooding that could happen due to heavy rains.
- ◆ An evacuation warning or advisory is issued by City Government.



### ★★ Tips ★★

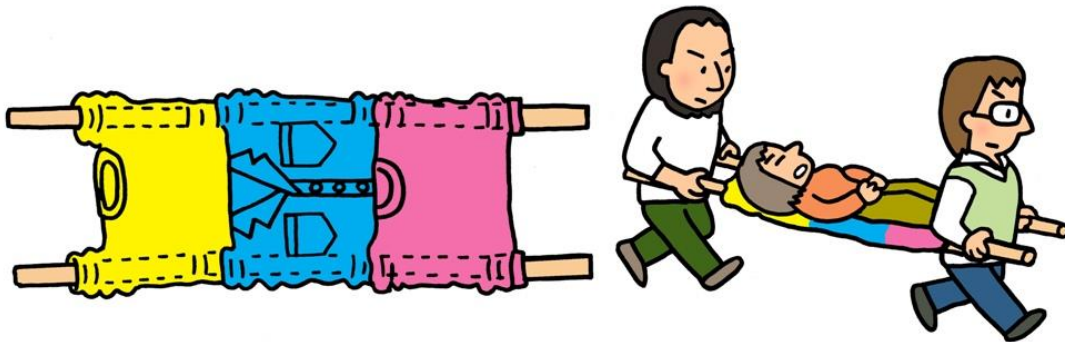
- ◆ Prepare things you need to evacuate with beforehand.
- ◆ When you need to evacuate, move calmly.
- ◆ When you are at the Evacuation Area, try to help those around you and actively participate by helping out when you can and cooperating with everyone.



## 7. Emergency Transport Drill

Moving a person who is hurt or ill can be accomplished by the help of other people and their hands or by using a stretcher. If there is not a stretcher nearby, there are methods to transport a person by using the things around you as a stretcher.

In either case it is important to keep the person safe and to continue to keep watch on their condition. In this Drill, someone will pretend to be a person who has collapsed, experience what it is like to be in a stretcher, and others will experience what it is like to transport someone.



## 8. Emergency Food Preparation Training

At the Evacuation Area food is stored for people to eat in the event of an emergency. Alpha Rice (rice that can be stored for long periods of time and can be prepared using only water and then eaten), crackers, and water is often stored at Evacuation Areas.

In Disaster Response Drills, you will also have a chance to try some of this food.



### ★★ Tips ★★

- ◆ At Evacuation Areas: If you have allergies or religious-related special diets, please ask the staff. There may be different food available at the Evacuation Area.