

i 10 Key Points to Observe When an Earthquake Strikes

During the earthquake

1 Earthquake! First, protect yourself Details → pp. 17, 20-23

When you feel a tremor or receive an earthquake early warning, first, protect yourself.
Hide under a sturdy table or a place where you will be protected from falling objects or furniture and other heavy items toppling over or sliding into you, and wait for the shaking to subside.

Points to heed on high floors(from about the 10th floor and up) Details → p. 36

On high floors, the swaying could last for several minutes.
In addition to causing objects to fall or furniture, etc., to topple over, the large, slow swaying could cause them to slide a large distance.

Immediately after the earthquake

2 Stay calm and check possible sources of fire. Take first response fire extinguishing measures if necessary Details → p. 18

If you are using an open flame, stay calm and turn it off after the shaking subsides.
If a fire breaks out, act calmly and put it out.

3 Hasty actions could cause injuries Details → p. 18

Be careful of fallen objects, furniture, etc., that has toppled over, and broken glass inside the room.
Don't rush out or you could be injured by falling tiles, broken window glass, and signboards.

4 Open the window or door, and secure an exit Details → p. 19

After the shaking has subsided, secure an exit for evacuation.

5 Stay clear of gates or walls Details → p. 19

If you feel the tremor while outside, stay clear of concrete block walls and other things that could collapse.

After the Earthquake

6 Fire and tsunami: safe evacuation Details → pp. 40, 48-51

If your area is in danger of a large-scale fire, and you feel endangered, evacuate to a temporary evacuation area or evacuation area.
If you are near the ocean and feel a large tremor or if a tsunami alert has been issued, quickly evacuate to a safe place such as high ground.

7 Correct information and proper actions Details → p. 42

Gather correct information from the radio, TV, fire department, and the government.

8 Confirm the safety of your family and neighbors Details → p. 44

After confirming the safety of your family, check if your neighbors are safe.

9 Cooperate with each other for rescue and relief Details → p. 53

Neighbors should cooperate in rescuing and providing relief to people who have been trapped under collapsed houses or furniture.

10 Before evacuating, check your electricity and gas Details → p. 47

If you need to evacuate, turn off the circuit breakers and close the main gas valve before evacuating.

Tokyo Bousai ("Disaster Preparedness Tokyo") manual was prepared by the Tokyo Metropolitan Government.

You can download the entire manual from below site:

<http://www.metro.tokyo.jp/ENGLISH/GUIDE/BOSAI/index.htm>

