

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 or Advisory]

- Check up-to-date information through TV, radio or cellphone
- Evacuation Instruction will be released through local government, etc. Follow the instruction

Alert Level 3: Evacuation of the Elderly, etc.

Not only the elderly, but also those who may need more time to evacuate should evacuate.

Alert Level 4: Evacuation Instruction

Be sure to evacuate by this Alert! From now on, all residents should evacuate.

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. Please be sure to fill in the required information, including damage status, and reply to the Portal Service or via e-mail.

○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
- Radio
- 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
- 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() _____