

# Aomori Omamori Book



Aomori Prefecture  
Disaster Prevention  
Handbook

Aomori Prefecture

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Special  
Edition



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# If disaster struck right now, who would protect your family?

If only… I had done that…in advance  
things would not have ended up like this…  
It's too late for regrets once it's already happened.  
If disaster suddenly struck right this second,  
How would you protect yourself?  
Would you be able to protect the people you care about?

Housing damage caused by the 2011 Tōhoku Tsunami (Hashikami, Aomori)

# 01

AOMORI OMAMORI BOOK

Protecting  
Your Life



First, let's review the measures you should take to protect yourself in the event of a sudden disaster.

# Protecting Yourself from Earthquakes

## Earthquake Intensity and the Estimated Level of Damage

### Seismic Intensity: Lower 5

- You feel like you need to hold on to something.
- Books, tableware, and other items fall from shelves.
- The safety devices in gas meters shut off the gas.
- Elevators equipped with earthquake safety devices stop.
- Soil liquefaction can occur in some cases.

### Lower 5



Indoor damage,  
such as falling  
furniture.



### Seismic Intensity: Upper 5

- You cannot walk unless you hold on to something.
  - Things fall from shelves.
- Televisions sometimes fall from their stands.
- Depending on the intensity of the quake, it can be difficult to drive.



Building damage, such as collapsed buildings



The Greatest Seismic Intensity  
The Great Hanshin Earthquake  
2004 Chūetsu Earthquake,  
2011 Tōhoku Earthquake and Tsunami,  
2016 Kumamoto Earthquakes

### Seismic Intensity: Lower 6

- It's difficult to remain standing.
- Most unsecured furniture moves around and starts falling.
- Window panes and wall tiles are damaged.

- Cracks appear in the walls of wooden buildings.



### Seismic Intensity: Upper 6

- You can only move around by crawling.

Sometimes you are even tossed in the air.

- Most unsecured furniture moves around and falls.
- Unreinforced concrete-block walls collapse.
- Wooden buildings with low earthquake resistance collapse.

- Large fissures open up in the ground and rock falls occur.  
Large-scale landslides occur.



### Seismic Intensity: 7

- Reinforced concrete buildings with low earthquake resistance collapse.
- Even highly earthquake-resistant buildings can lean over.

# Protecting Yourself from Earthquakes

## How to Protect Yourself in the Moment

The moment you feel a sudden quake take these actions to protect yourself!

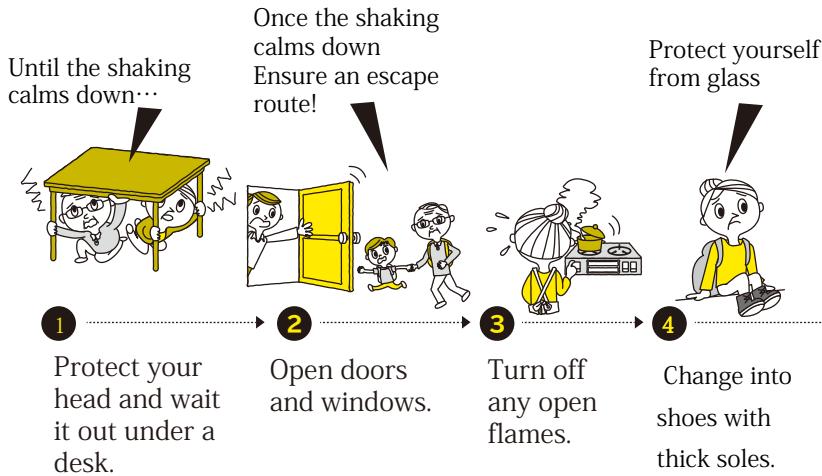
### Protect your head

Securely protect your head with something nearby, such as a cushion, bag or magazine.



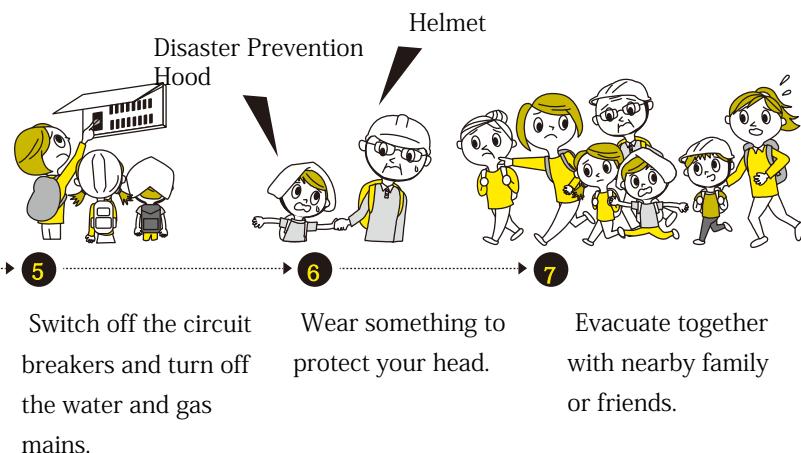
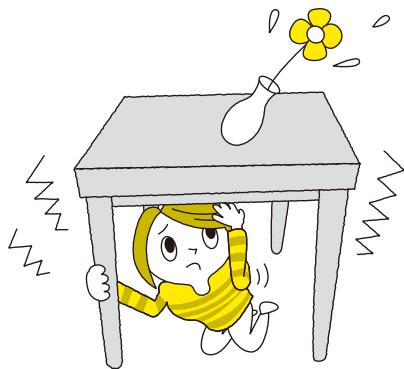
### The Basics of Evacuation:

If you feel an earthquake, follow the evacuation procedure below.



### Get under a table or desk

**Get under a desk to avoid falling furniture and light fixtures.**



# Protecting Yourself from Earthquakes

## How to Protect Yourself at Home

Situation

1

### In the kitchen…

- Turn off any open flames.
- Move away from the cooking range..
- Immediately move somewhere safe.



Situation

2

### In the living room…

- Move away from shelves, televisions, and glass windows.
- Get under a table.



Situation

3

### In the toilet or bathroom…

- In the bath protect your head with a washbowl.
- Open the doors and windows to ensure an escape route.

During strong quakes beware of injuries caused by the following!

[Toilet]

The toilet tank falling

The toilet lid coming off

[Bathroom]

Damaged tiles and mirrors



Situation

4

### In the bedroom…

- Protect your head with your pillow or futon.
- Wrap yourself up in bedding.
- Flee through any gaps between your bed and furniture.

Ideally avoid placing large furniture in your bedroom from today onwards



# Protecting Yourself from Earthquakes

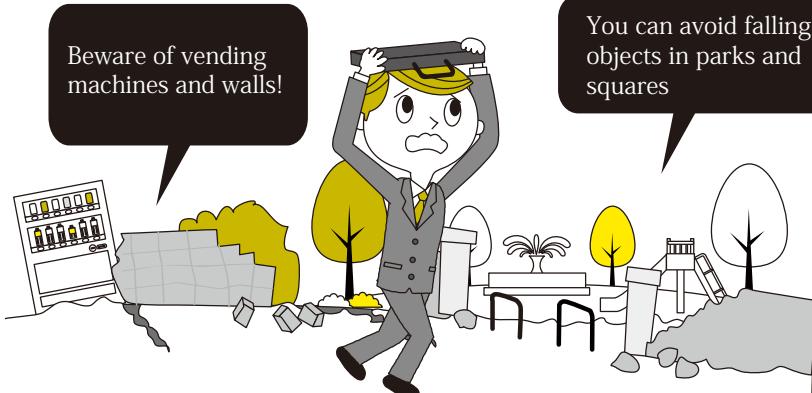
## How to Protect Yourself When Out of the Home

Situation



In an urban area…

- Protect your head with your bag or jacket.
- Get away from glass windows and signboards.
- Get away from anything that looks like it will fall over.
- Run to a place with nothing overhead, such as a park or square.



Watch out for falling objects if you are outside.



Situation



At school or at work…

- Get away from copy machines or large cabinets.
- Get under your desk.
- Get away from the windows.



Situation



Inside an elevator…

- Press all the buttons and get off on the floor the elevator stopped at.
- If trapped inside, press the emergency button to call for help.
- Calmly wait for rescue or for the elevator to start working again.



Situation



When driving…

[General Rules for Leaving your Vehicle]  
Turn off the engine  
Leave the key in the ignition  
Do not lock the door

- Without breaking quickly, turn on your hazard lights and slowly come to a stop.
- Pull over on the left to keep roads clear for emergency vehicles.



# Protecting Yourself from Earthquakes

How to Protect Yourself by the Sea or in the Mountains

Situation

**1**

By the sea…

A tsunami is coming.

If you feel a tremor

Immediately get away from the shore.

Head for high ground or the top floor of a tall building.

see→P.18



Situation

**2**

By a river in a coastal area…

Tsunamis surge upriver so get as far away as you can from any river.



Tsunami waves can surge considerably upstream when it comes to rivers in a coastal area. A large floodplain or large levees do not guarantee your safety.

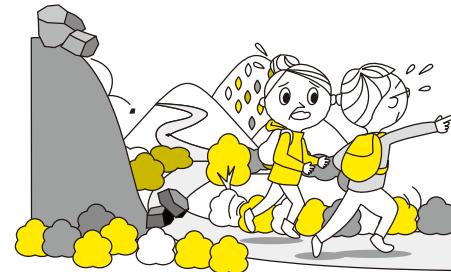


Situation

**3**

In the mountains…

Get away from areas with steep cliffs or slopes in case of rock falls or landslides.



[Areas with Heavy Snowfall]

[After Heavy Rain]

There is also a danger of avalanches…

Looser ground means greater danger.

How to Approach Leisure Activities

**Gather information in advance**

Check in advance how dangerous the place you are staying is using local hazard maps and other means.



**Prepare for the worst**

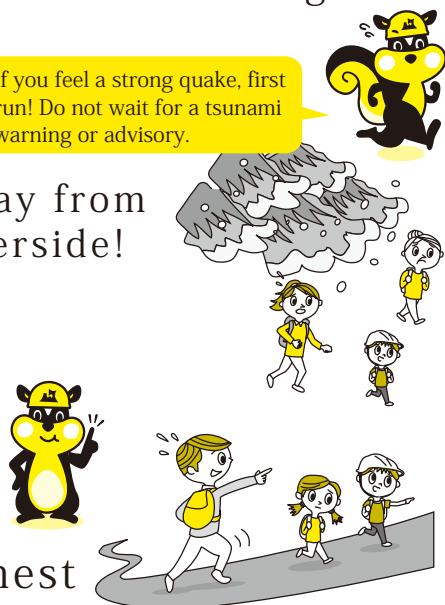
Prepare emergency rations and pack them in your bag together with other emergency supplies.



# Protecting Yourself from Tsunamis

## How to Approach Evacuation During a Tsunami

Start by getting away from the seashore or riverside!



Head for the highest and farthest place



If you find a tall building, head for the top floor

### Tip: The Speed and Height of Tsunamis

Tsunami waves surge inland at overwhelming heights!

If you sense danger, evacuate at once.

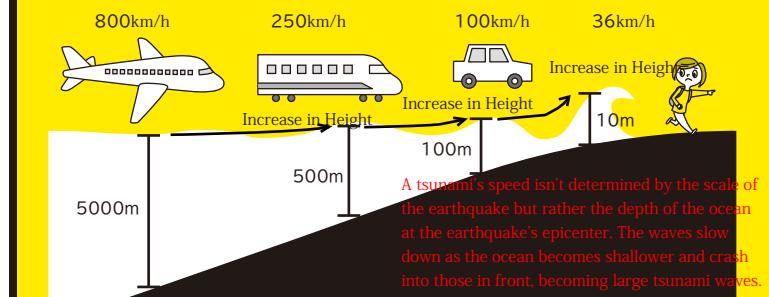


Waves over 30m tall (around the same height as a ten-story building) were recorded during the 2011 Tōhoku earthquake and tsunami.

A tsunami's threat level changes depending on the location of the earthquake's epicenter, however, even tsunamis that are only a few dozen centimeters tall have the power to pull you off your feet and sweep you away.

Tsunamis approach at terrifying speeds

Although tsunamis slow down as they reach land, the waves gain momentum on land and are so fast that even an Olympic sprinter could not outrun one. If you are in a coastal area and feel an earthquake evacuate immediately.



# Protecting Yourself from Tsunamis

## What not to do during a tsunami evacuation

**Do not act on your own assumptions**

Do not turn back mid-evacuation because, 'I just want to get that one thing from the house.'

**Do not turn back mid-evacuation**

**Do not return home until the advisory or warning has been cancelled**

It is dangerous to make judgements based on your own assumptions such as, 'It will be fine because it was a small quake.'



Tsunamis attack over and over with second waves, third waves, and more.

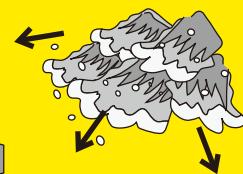
Pay very close attention to tsunami information.

## Tip: The Danger of Tsunamis

**Tsunamis attack again and again**

The first tsunami wave is often a drawback wave (not a leading wave) where the shoreline recedes, so don't let your guard down.

Tsunamis are not formed of just one wave. There are cases where the second, third or later waves are taller than the first.



Tsunamis spread out in all directions from the earthquake's epicenter.

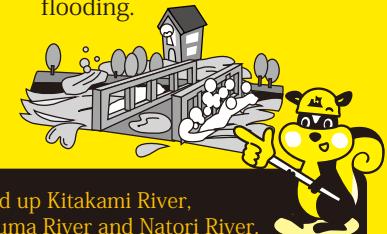
**Tsunamis surge upriver from downriver.**

Tsunamis that travel up small rivers and waterways move faster and travel farther than tsunamis that travel over land.

Wreckage carried by the tsunami can block rivers and waterways resulting in flooding.



**The 2011  
Tōhoku tsunami**



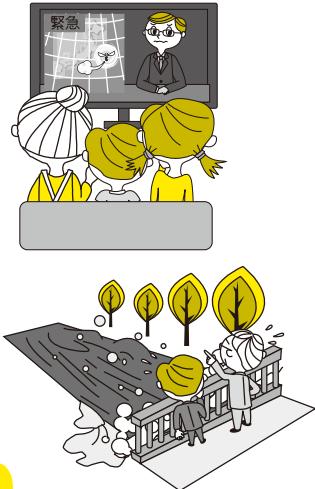
surged up Kitakami River, Abukuma River and Natori River.

In Kitakami River's case, the tsunami travelled 50km upriver from the mouth of the river to its upper reaches.

# Protecting Yourself from Heavy Rain, Flooding, and Typhoons

## How to Approach Evacuation During Heavy Rain and Flooding

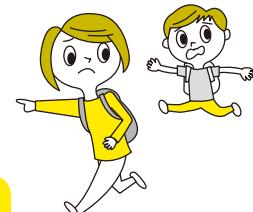
If it starts raining, pay attention to weather forecasts and river information



Do not go outside thoughtlessly and stay away from dangerous areas, such as rivers, the sea, or areas near mountains or cliffs.



Avoid going to check on the state of rivers or drainage systems as it is dangerous.



If evacuation information is issued, evacuate promptly.



If a nearby river seems close to bursting its banks, evacuate quickly.

The elderly and people with disabilities should start evacuating as early as possible.



Pay attention to your footwear and the ground underfoot when you evacuate

- Wear sneakers as it is difficult to move in rubber boots once they fill with water.
- You cannot see the ground around your feet in muddy water, so use a long stick or pole to check the ground in front of you as you walk to avoid falling into manholes or drainage ditches.

There are even cases of people dying after falling into ditches or uncovered manholes!



# Protecting Yourself from Heavy Rain, Flooding, and Typhoons

## How to Approach Evacuation During Heavy Rain and Flooding

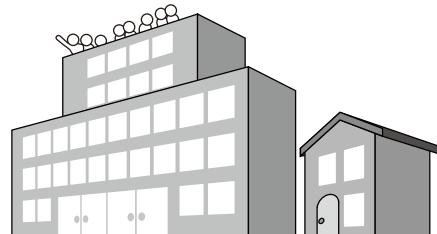
Pay attention to the water's depth when evacuating

- It is difficult to walk in 20-50cm of water.



- If it is difficult to evacuate, do not push yourself and wait for help.

If it is difficult to evacuate, head to the 3rd floor or higher of your home or a nearby building.



If the rain started during the night and you are late to evacuate, keep safe and stay indoors.

### Tip: Types of Flooding

Flooding is caused by heavy rain or typhoons. There are mainly two types of flooding.

- 'Pluvial Flooding' in which water overflows from sewers and drainage systems
- 'Fluvial Flooding' in which river levels rise and water overflows from the river's banks



'Pluvial Flooding'



'Fluvial Flooding'



Pluvial flooding occurs after heavy rainfall surpasses the drainage capacity of the area's sewers and drainage systems. Recently, there has been an increase in damage from this kind of flooding due to local heavy rain.

A flood warning is issued if there is a possibility of river levels surpassing 'Evacuation Level' or 'Flood Risk Level'.

# Protecting Yourself from Heavy Rain, Flooding, and Typhoons

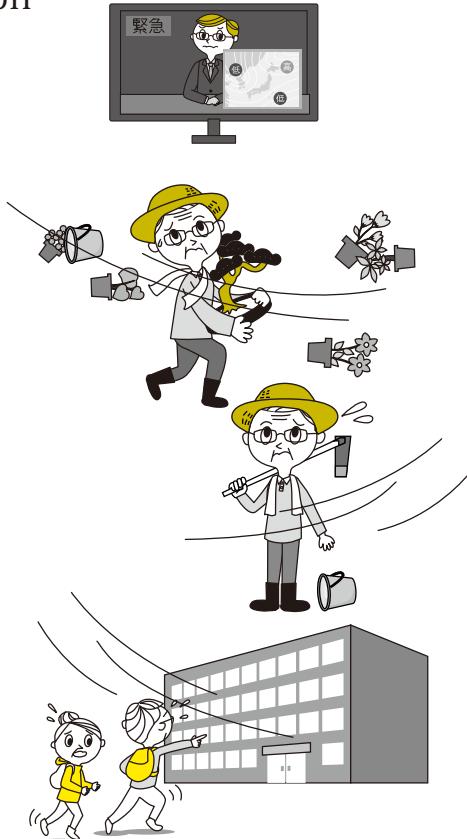
## How to Approach Evacuation During a Typhoon

Regularly check typhoon forecasts.

Move any items that may fly away indoors or secure them to the ground.

Watch out for flying objects during strong winds!  
Avoid going outside

If you are outside, take refuge in a nearby building



During a typhoon it is important also to have a grasp of how to evacuate from heavy rain and flooding.

### Tip: There is a Risk of Storm Surges at High Tide

If a typhoon coincides with high tide, sea levels rise abnormally resulting in storm surges.



In 2004, 170,000 buildings along the coast of the Setouchi Inland Sea suffered flooding damage.

### The Mechanics of Storm Surges



Formed when sea levels are drawn upwards due to a fall in atmospheric pressure.

Formed when sea water is blown towards the coast by strong winds.

# Protecting Yourself from Landslide Disasters

## How to Approach Evacuating from a Landslide

Check what areas have a risk of landslides

- Check nearby hazardous areas in advance.

If it seems to be raining heavier than usual check the weather forecast.

- Check the weather forecast and evacuate quickly.



If a heavy rain warning (landslide disaster) or landslide warning is issued, quickly evacuate from the hazardous area!

When evacuating…

Promptly seek refuge in an evacuation area or safe place.

If you face issues while heading for the evacuation area, take refuge on the 2nd floor or higher of a nearby sturdy building.

### Areas with a risk of landslide disasters are…

Places at risk of debris flows, landslides or steep slopes collapsing.

For more information about areas at risk in Aomori Prefecture please check Aomori's 'Landslide Disaster Hazardous Areas Map' <http://www.sabomap.jp/aomori/>

Also check the landslide hazard map for your local municipality.



Landslide disasters have the following warning signs.

### Rock falls

- Water wells from the cliff face.
- You can hear the ground rumbling.
- Things start falling from the cliff face.



### Landslides

- Trees lean over.
- You can hear tree roots cracking.
- Cracks appear and the ground becomes uneven.
- The ground shakes.
- The ground and mountains rumble.



### Debris Flows

- River water is suspiciously muddy.
- Rivers contain driftwood.
- The ground rumbles and there is a strong earthy smell.
- River levels suddenly lower.



# Protecting Yourself from Heavy Snow and Blizzards

Around 90% of snow-related injuries occur while clearing snow!

Every year countless lives are lost to snow and the following accidents occur frequently.



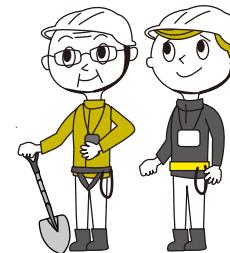
Being crushed by snow falling from rooftops



Falling off a roof while clearing snow



Accidents involving snowplows



## The Basics of Snow Removal

- Do not clear snow alone.
- Keep a mobile or smart phone on you.
- Wear a helmet and attach a lifeline to yourself.
- Turn off the engine before clearing snow blockages in your snowplow.

What to do when you encounter heavy snow or a blizzard

What to do in a whiteout

If you are driving, wait for the weather to improve at a roadside station or convenience store.



If your car breaks down

- Turn on your hazard lights and place a warning triangle behind your car to prevent other drivers rear-ending your car.
- Seek help from roadside assistance services (JAF etc.), nearby houses, the police, or the fire department.



When waiting for help in your car

- In principle turn off your engine since leaving it running can result in carbon monoxide poisoning from your car's exhaust fumes.
- If you need to keep your engine running to keep warm, make sure the exhaust pipe doesn't become blocked with snow.



# Protecting Yourself from Volcanic Eruptions

## The Terror of Volcanic Eruptions

### Large Volcanic Material

- Large volcanic material with enough destructive power to pierce through roofs is propelled from the crater in all directions

### Pyroclastic Flows and Surges (Fast-moving currents of hot gas and volcanic ash)

- Volcanic ash and steam of temperatures up to several hundred degrees Celsius descend to the foot of the volcano at intense speeds.

### Volcanic Mudflows Formed of Melted Snow

- When volcanoes erupt in areas with heavy snowfall, the snow melts instantly resulting in large volcanic mudflows.

## How to Approach Evacuating from a Volcanic Eruption

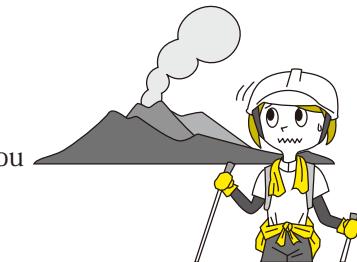
- Pay attention to news and volcanic eruption warnings or advisories sent out by the Japanese Meteorological Agency. If there are any entry restrictions or evacuation orders in place, do not enter the area and evacuate immediately.

People have died from exposure to volcanic gases so be careful in valleys or low-lying areas where volcanic gases can accumulate easily.



## If a volcano erupts while you are hiking…

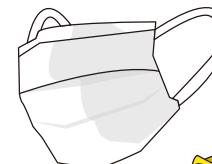
- Wear a helmet or something else to protect your head.
- Quickly get away from the crater.
- Cover your mouth with a towel as you evacuate so you don't breathe in volcanic gases or ash.



Volcanic ash is made up of minute pieces of magma and rock that are dispersed when a volcano erupts. During large eruptions volcanic ash can travel hundreds of kilometers. Volcanic ash is very hard, jagged, and glass-like, thus can cause health issues if it enters your body or sticks to your eyes or clothing.

Let's protect ourselves from volcanic ash!

- Wear a dust-proof mask.



- Wear glasses or goggles.



- Wear clothing that exposes little skin.



# Protecting Yourself from Armed Attacks and Terrorism

## Types of Armed Attacks and Terrorism

### ● Guerrilla Warfare or Special Forces

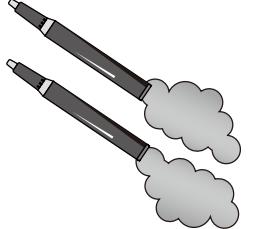
These kinds of attacks can result in sudden damage and injury.

There is a danger of large-scale damage if a nuclear power plant is targeted.



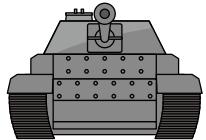
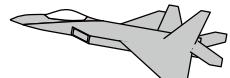
### ● Ballistic Missile

It is extremely difficult to pinpoint a missile's target and the time before impact is short.



### ● Invasion by Sea or Air

An invasion by sea would likely target coastal areas and it is predicted that an attack by air would target important facilities in urban areas.



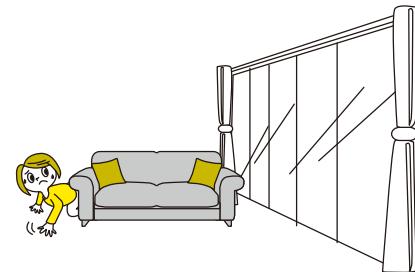
### ● Chemical Attack

Attacks using chemical, biological or nuclear agents have health effects that require special treatment.



## If a ballistic missile is launched...

- If you are indoors, get away from the windows or move to a room without any.



- If you are outside, take shelter in a nearby building.



- If there are no buildings nearby,

take cover behind something or lie on the ground and protect your head.



# Protecting Yourself from Armed Attacks and Terrorism

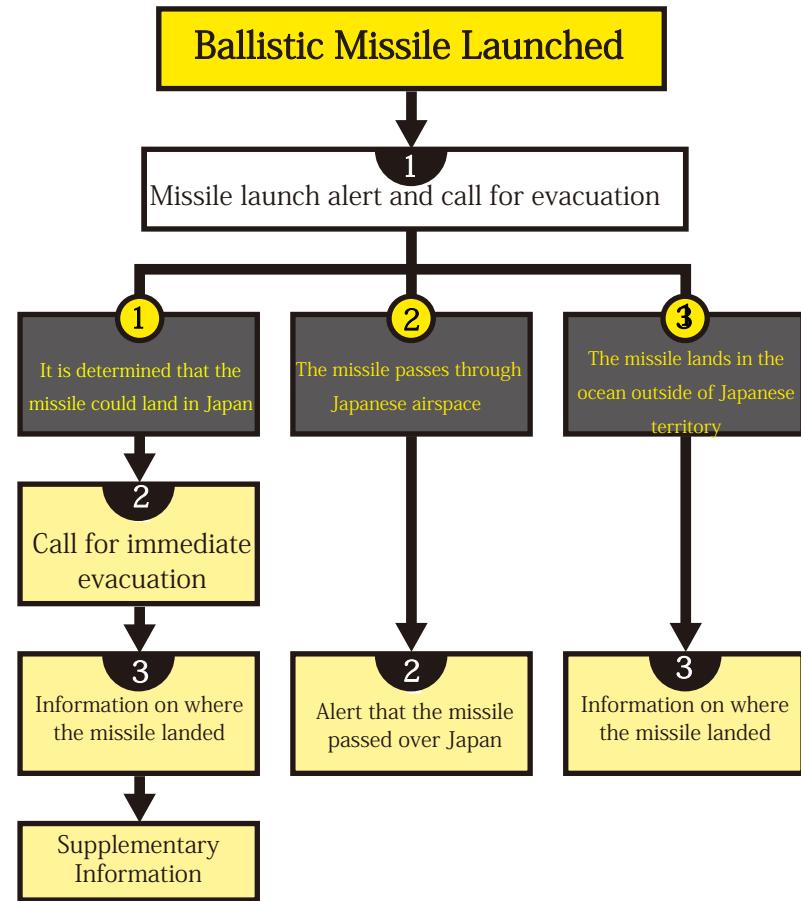
## The Flow of Emergency Information

If there is a possibility of a missile landing in Japan, the government issues emergency information through the nationwide warning system J-Alert.



## Ballistic Missile Launch

## Information Sent Out by J-Alert

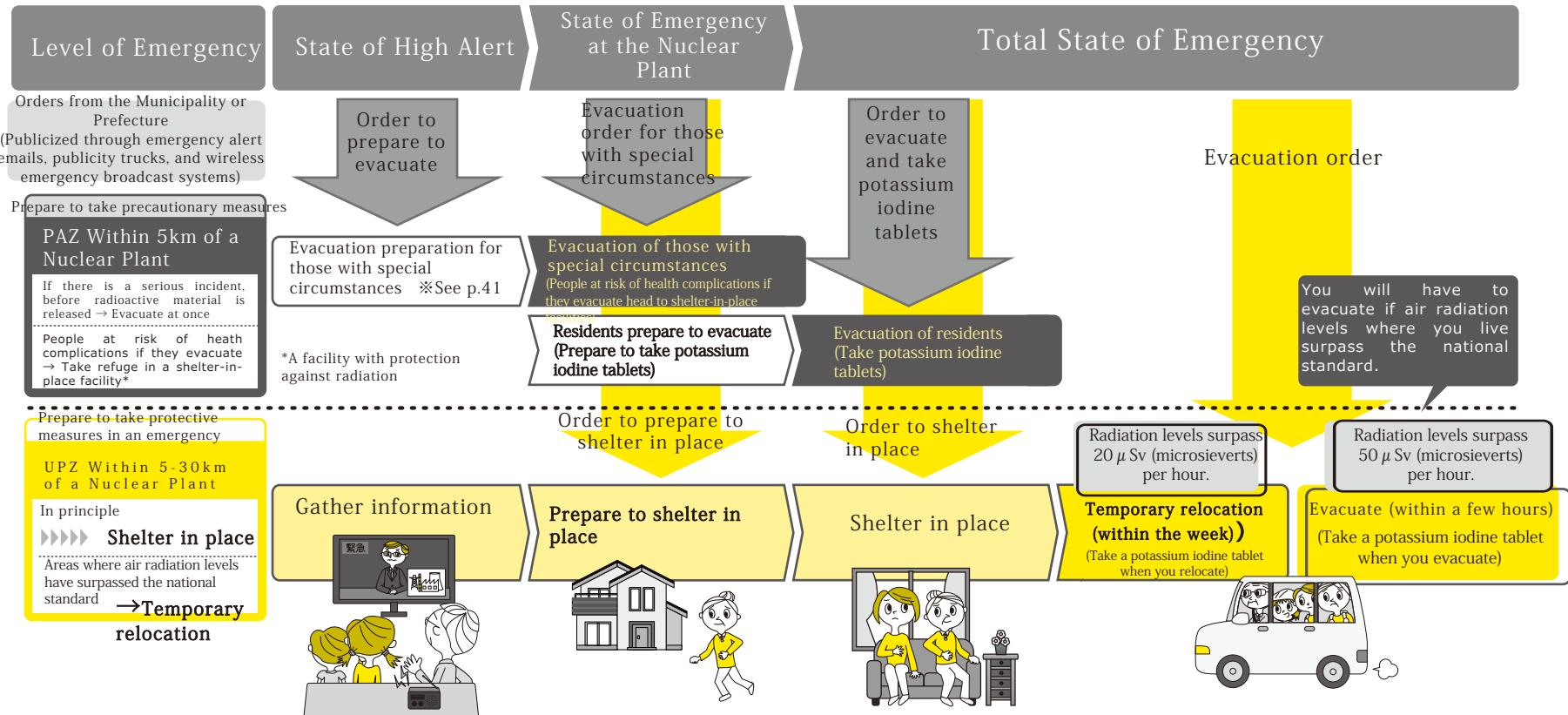


# Protecting Yourself from Nuclear Disasters

Response to nuclear disasters differs between the PAZ zone (5km area around a nuclear plant) and UPZ zone (5-30km area around a nuclear plant).

In the unlikely event of a nuclear disaster:

- People in the PAZ zone should take precautionary action and evacuate before radioactive material is released.
- Those in the UPZ zone should first shelter in place indoors and start evacuating if air radiation levels are high.



# Let's Learn about Evacuation Information

# and Types of Weather Warnings

## Weather Warnings Issued by the Japan Meteorological Agency

### ● Advisory - Chūihō

Issued when there is a danger of a disaster occurring, this warning asks for people to exercise caution.

### ● Warning - Keihō

Issued when there is a possibility of a serious disaster occurring, this warning asks for people to be on high alert.

### ● Emergency Warning – Tokubetsu Keihō

Issued when the possibility of a serious disaster is increasing considerably and the level of danger has greatly surpassed the criteria for issuing a warning (keihō).

If an emergency warning is issued, immediately start evacuating and protect your life.



## Evacuation Information Issued by Local Governments

### ● Evacuation of the elderly people and others -Kōreishatō Hinan (Alert Level 3)

Evacuation begins for the elderly, disabled, pregnant, and those who need more time to move.

Others without special circumstances should contact their families and start preparing necessary items for evacuation.

### ● Evacuation Order– Hinan Shiji (Alert Level 4)

If you are mid-evacuation, finish evacuating.

If you have not yet evacuated, start evacuating with urgency.

The evacuation advisory has been abolished. From now on, let's evacuate everyone from dangerous places with evacuation orders.



## If evacuation information is issued…

Quickly evacuate to an evacuation area.

If you decide there would be a risk to your life if you head to the evacuation area, take refuge in a nearby safe place.

Fleeing to the highest floor of your house is another evacuation measure that can increase your chances of surviving even by a little.



# Evacuating Your Home

Things to Check Before Leaving Your Home

01

Protecting Your Life

## ① Turn off your circuit breakers



Prevent fires caused by short circuits when the electricity is restored.



## ④ Lock up



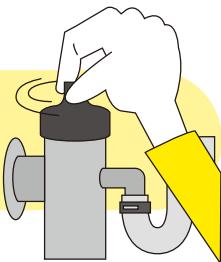
Take measures to prevent crime. If you have the time, mend broken windows and close curtains and windows to the best of your ability.



## ② Turn off the gas mains



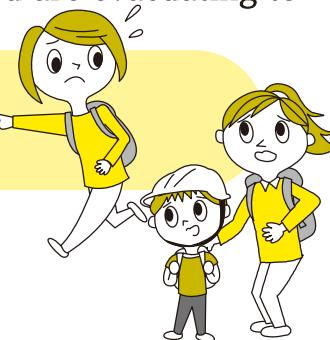
Prevent accidents caused by gas leaks when the gas mains are restored.



## ⑤ Tell your neighbors where you are evacuating to



You can confirm each other's safety and this also encourages a prompt evacuation.



## ③ Turn off the water mains



Prevent damage from water leaks when the water mains are restored.



If there is a risk of a tsunami, fire or your house collapsing, do not be concerned about ①-⑤ and evacuate quickly.

# What to Pay Attention to When Evacuating

## ● Wear thick-soled shoes that are difficult to remove



Sandals are dangerous as they come off easily. Rubber boots are also dangerous since they easily fill with water, becoming difficult to walk in during a flood.



## ● Pack everything in a backpack



With both hands free you can hold a torch, join hands with others, and quickly take action to avoid danger.



## ● Evacuate in a group of two people or more



It is safer to move in a group of two or more as you can help each other if something unexpected happens mid-evacuation.



## ● Do not take your eyes off your children



Hold hands with children and make sure they don't get separated from you.



# The Basics of Evacuating

## ● Watch out for things overhead and on the ground



During earthquakes in particular there is a risk of buildings falling due to aftershocks.



## ● During a flood use a stick to check the ground ahead



You can avoid falling into manholes or gutters and tripping over uneven ground or steps.



## ● Help people in trouble



If we help each other, evacuation will progress smoothly.



## Tip: If You Find an Injured Person

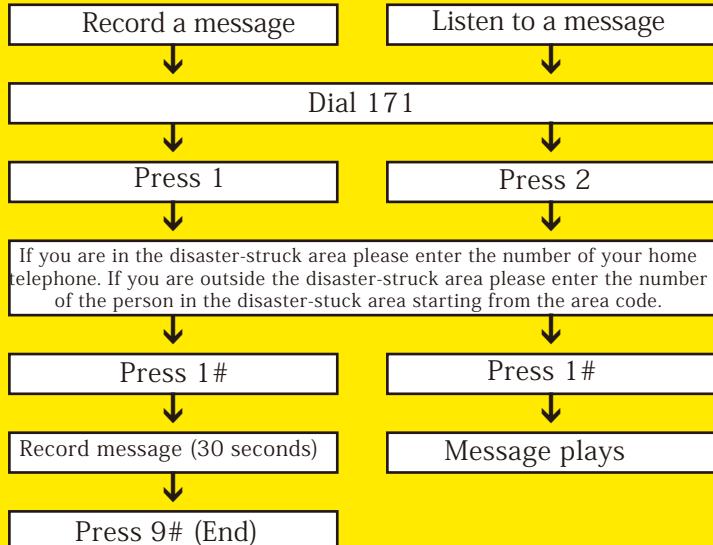
Help anyone in need of help or rescue. If you think you cannot help them yourself, seek help from others in the area.



# Confirming Your Family's Safety

Let's use the tools available for confirming people's safety

## Disaster Emergency Message Dial 171



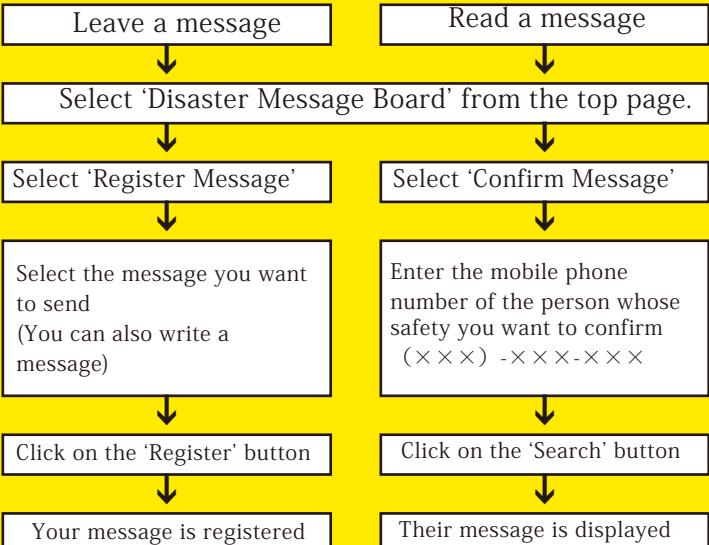
Dial 171 and follow the instructions to record or listen to a message. You can only record up to 30 seconds at once, so please clearly summarize necessary information only. All companies have trial days on the 1st and 15th of each month.

During a disaster the volume of calls to the disaster-struck area increases so it is difficult for calls to connect. Please use these tools for safety confirmation and refrain from calling people so that emergency calls can get through.

Beware of your mobile or smart phone running out of battery!



## Disaster Message Board (Mobile Phones)

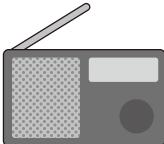


A written safety confirmation service provided by mobile phone companies. You can access the service's portal site from your phone menu. All companies have trial days on the 1st and 15th of each month.

# Obtaining Information During a Disaster

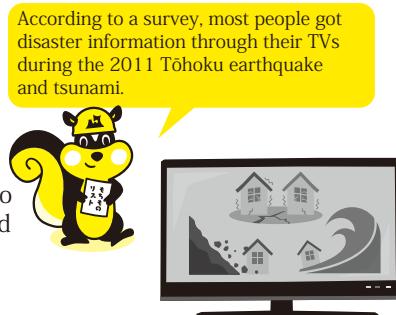
## Radio

- You can grasp the current state of the disaster.
- You can obtain local information, such as where relief goods are being handed out.



## Television

- An important source of information if the electricity is working.
- Take precautionary measures to prevent your television falling and breaking during an earthquake.



## Internet

- Keep use to a minimum as there are times when you cannot charge your mobile or smart phone.
- After electricity and communications networks are restored you can also access information from your computer.



## If you use social media (Twitter, Facebook etc.)...

- You can post about you and your family's safety.
- You can obtain information about public transport and the distribution of relief supplies.



## Wireless Emergency Broadcast System and Publicity Trucks

- You can obtain information on evacuation advisories from the local government.

## Aomori Prefecture's Website, Aomori Prefecture's Disaster Prevention Website

- You can see notices from the prefectural government as well as information about the disaster and the state of roads and rivers.



## Police Station or Fire Station

- Please refrain from making enquiries that aren't urgent or necessary as they are busy responding to the disaster.

There are also drawbacks to information found on the internet!

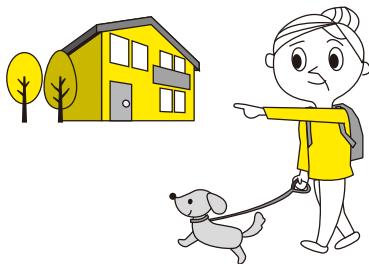


Don't get confused by old or incorrect information on the internet, for example, 'Even though everyone was helped, there are still people who were left behind.' Check the information's source and whether or not it is reliable!

# Evacuating Your Pets

## Plan evacuation measures for your pet in advance

Since few evacuation shelters accept pets, check with your evacuation shelter in advance if you would like to take your pet with you.



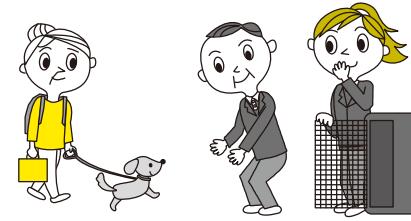
### 【What to Take When Evacuating】

- Collar and lead
- Pet food → Since it is difficult to obtain after disasters
- Name tag, license tag, microchip with identification number
- Cage or carrier case → For your pet to live in while at an evacuation shelter
- Medicine, disinfectant, bandages → In case your pet injures itself during evacuation
- Photograph → To use when searching for your pet if it becomes lost



## What to do when you cannot evacuate with your pets

Local veterinarian associations and volunteers often provide aid and support for pets in disaster struck areas. Gather information from now on so you can do your best for your pet.



### 【Other Options】

- Leaving your pet with family or friends.
- Consult your local veterinary clinic.
- Consult the Prevention of Cruelty to Animals Center or other care centers.

### Tip: Regular Training Is Also Important

- Do not allow your dog to bark meaninglessly.
- Train them to quietly stay in their cage if instructed.
- Train them to go to the toilet in a designated place.

If you train your dog to get used to regularly being in their cage, living in one at an evacuation shelter will not cause them as much stress.



# Overcoming Difficulties in Returning Home

After large disasters public transport systems can be paralyzed leaving many people stranded in the center of town unable to get home.

Be careful when travelling to urban areas for work or leisure!



## Don't head out recklessly

- After a disaster wait for things to calm down before heading home on foot.
  - Do not stand around on the pavement or road as this can be a hindrance to the police and firefighters
  - Avoid being caught up in the chaos of secondary damage from aftershocks.
- Take 20km as a standard for a walkable distance home**
- If you are considering walking home once things have calmed down, take 20km as the standard for a walkable distance home.
  - Consider your own stamina and your physical condition on the day.
  - Carefully consider whether to head home or stay where you are.

Distance from Home	Difficulty of Returning Home
~10km	Most people are able to return home
10km~20km	Depending on the person, it is possible to return home within a day
20km ~	Most people would find it hard to return home within a day

## If you decide to return home

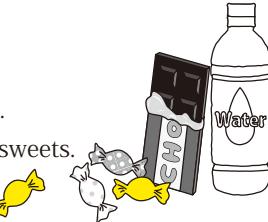
### ● Wear shoes that are easy to walk in

Wear trainers or other shoes you can walk in for a long time, not leather shoes.



### ● Prepare food and water

Drink liquids frequently to prevent dehydration. Also prepare light snacks, such as chocolate or sweets.



### ● Keep checking the map

Check the route home using a map application on your phone.



### ● Take breaks and don't overdo it

Try to control your impatience and concern for your family and take proper breaks if you are tired.



## If you stay where you are

Public facilities, office building lobbies, hotel banquet halls and other locations opened as temporary places to stay are great places to get supplies like water, food and blankets as well as information about the state of train operations.

# Let's Learn CPR

If you see someone who has fallen down…

- ① Check if the area around them is safe
- ② Check to see if they are responding

- Lightly tap their shoulder and ask loudly, 'Are you OK?'
- Check if they move or have any kind of response, for example their eyes opening.



If there is no response…

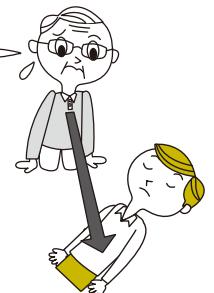
- ③ Seek help from the people around you

- In a loud voice ask someone nearby to call 119.
- Ask for an AED (automated external defibrillator) to be brought over.
- Administer first-aid.



- ④ Check if they are breathing

- Closely observe the fallen person's chest and stomach for movement to determine whether or not they're breathing.
- If their chest and stomach aren't moving, assume they aren't breathing and begin chest compressions.



## ⑤ Start chest compressions

- Place one hand on top of the other in the center of their chest.
- Press down with enough force to push their chest down 5cm (for children press down about 1/3 of the depth of their chest).
- Administer around 100-120 compressions per minute.

## ⑥ Perform mouth-to-mouth resuscitation

People who know how to do mouth-to-mouth resuscitation!

- Lift their chin to open the airway.
- Use the thumb and forefinger of the hand on their forehead to pinch their nose.
- Use an anti-infection mouth-to-mouth resuscitation mask\* and cover their mouth to prevent air escaping.
- Breathe into their mouth for roughly 1 second. Check to see if their chest rises when you do.



[Administering chest compressions and artificial resuscitation at the same time]

Combine them in a cycle of 30 chest compressions then 2 breaths.

## ⑦ Use an AED

- Turn on the AED and operate it according to the recorded instructions.
- Place the electrode pads on their chest.
- If an electric shock is necessary, stand away from the injured person and press the shock button.
- Follow the instructions and resume chest compressions.



\* Even if you do not use an anti-infection mouth-to-mouth resuscitation mask the risk of infection is extremely low, but if you have one at hand please use it.

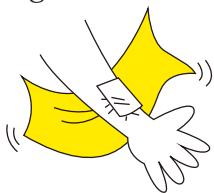
# Let's Learn First-aid

## First-aid Using Towels, Wrapping Cloth, and Scarves

First-aid for injuries using bandages, tourniquets, etc.

### ● Wrap

Use these items as a bandage to wrap over gauze.



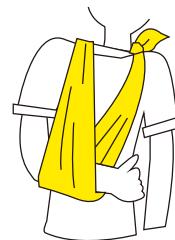
### ● Bind

If they are losing a lot of blood you can use these items as a tourniquet to tightly bind the wound.



### ● Use both ends

Tie the two ends together and hook it over their neck in place of a sling.

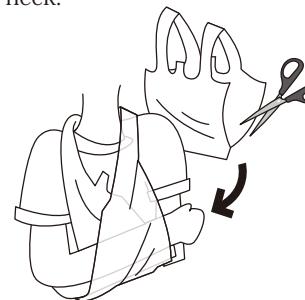


## First-aid Using Nearby Items

3 essential first-aid methods you can use with a little ingenuity.

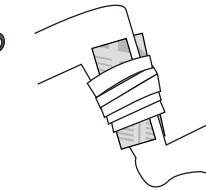
### ● Plastic bag

Make a sling by cutting the sides of the bag and hooking the handle over the injured person's neck.



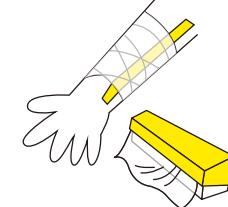
### ● Newspaper

Fold up some newspaper to make a splint for broken bones and sprains.



### ● Plastic wrap

Stop bleeding by wrapping the wound with plastic wrap or use it in place of bandages to hold a splint in place.





Q . 1 What are the first two things you should do if there is an earthquake?

Answer

▶▶P10~11

Q . 2 What should you do if you feel a strong earthquake while near the sea?

Answer

▶▶P18

Q . 3 What should you do during heavy rain and flooding if it is difficult to evacuate or you started evacuating late?

Answer

▶▶P24

Q . 4 What should you do if a heavy rain warning (landslide disaster) or a landslide warning is issued?

Answer

▶▶P28

Q . 5 What should you be careful of when clearing snow?

Answer

▶▶P30

Q . 6 What should you do when evacuating from a volcanic eruption?

Answer

▶▶P32

Q . 7 What should you do if a ballistic missile has been launched?

Answer

▶▶P35

Q . 8 What should you check before leaving your home to evacuate?

Answer

▶▶P42~43

Q . 9 What are the basics of evacuating?

Answer

▶▶P44~45

Q . 10 What should you be wary of when obtaining information from the internet during a disaster?

Answer

▶▶P49

## AOMORI OMAMORI BOOK

