

Large Earthquake Response Manual

Prepared in 2014

For Students

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Map of facilities to help people walking home

Ookayama Campus
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Tokyo 152-8550

Introduction

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This manual specifies actions to take in the event of an earthquake with a seismic intensity of 5-Lower or greater.

According to tables explaining the JMA (Japan Meteorological Agency) Seismic Intensity Scale, intensity 5-Lower is explained as follows.

People	Indoor situation	Outdoor situation	Wooden houses	Ground situation	Slopes, etc. situation	Lifelines
Many people are frightened and feel the need to hold on to something stable.	Hanging objects such as lamps swing violently. Dishes in cupboards and items on bookshelves may fall. Many unstable ornaments fall. Unsecured furniture may move, and unstable furniture may topple over.	In some cases, windows may break and fall. People notice electricity poles moving. Roads may sustain damage.	Slight cracks may form in walls of low-earthquake-resistant houses.	Small cracks may form and liquefaction may occur.	Rock falls and landslips may occur.	Gas, electricity and water services may be interrupted.

In preparation for an earthquake with a seismic intensity of 5-Lower or greater, this manual summarizes what you should do to protect yourself during an earthquake, and cope with post-quake hours of confusion after the earthquake, and restore several situations until minimum social infrastructures are restored several days later.

To be prepared for sudden disaster, injury and disease

- Participate in workshops on first-aid and cardiopulmonary resuscitation. (Tokyo Institute of Technology also organizes such workshops.)
- Make it a rule to carry a clean handkerchief or towel with you at all times.

Fractures

- Immobilize a fracture by splinting it (using a plate, umbrella, corrugated cardboard, etc.) at the place where the victim does not feel pain, and take him/her to the hospital.

* Cool the affected part through the victim's clothes, without removing any clothes.

- To treat a blister, apply a clean cloth while taking care not to burst the blister.

- Cool the burn with clean water. (If sufficient water is not available, dip a towel or the like in water and apply it to the burn.

Burns

- Raise the injured part above the level of the heart.

- If there is a small amount of bleeding, wash the wound with clean water, cover the wound with a clean cloth and apply pressure to the wound.

In most cases, bleeding can be stopped by applying pressure for several minutes.

Bleeding due to cut, etc.

Check for consciousness, breathing, pulse and injury.

- If the person is conscious → Ask the person about his/her symptoms, and give necessary first-aid.
- If the person is unconscious → Call for assistance.
→ Conduct artificial respiration and perform chest compressions according to the conditions.

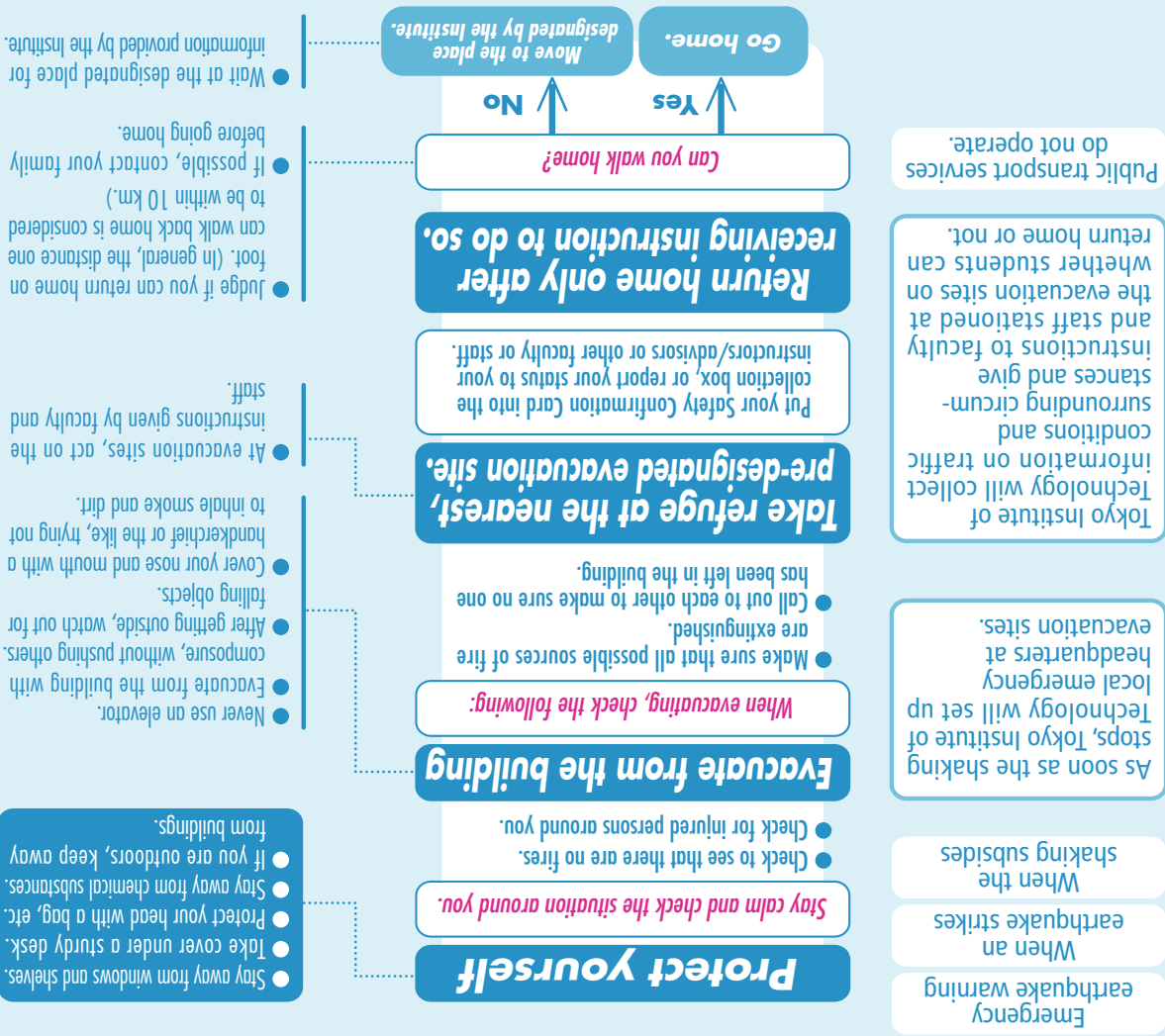
First, secure your own safety.

If you find someone lying down

How to Administer Emergency First-aid

2

From Earthquake Occurrence to Evacuation



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Status Notification to/from Family and Friends

This page provides how to make contact with your families and friends to notify whether you are safe or not. You should decide beforehand the contact method and place to meet. The following tools can be used when an earthquake with a seismic intensity of around 6-Lower or greater occurs.

Disaster Emergency Message Dial

Recording a message Replying a message

Call 171

Directions will be given.

1

Area code + Home phone number

2

Area code + Phone number of the victim

* Only fixed-line phone numbers can be registered.

Information registration/search services on the Internet

You can also use services that enable individuals to register/check their safety status, and disaster message board services.

Example: Disaster emergency broadband message board (web171)

Using disaster message board services

Each mobile phone company provides a disaster message board service to help people inform family and friends of their safety status when there is a large-scale disaster. You can check the messages on these boards regardless of the person's mobile phone company. Note, however, that prior registration is necessary to use these services.

- To register a message: Select "Disaster Message Board" from the menu and register a message with "Register".
- To check messages: Select "Disaster Message Board" from the menu and check for messages with "Confirm".

For how to access other mobile phone companies, see the back cover of this manual

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Contact with the Institute

Communication to and from the Institute

(1) Website of Tokyo Institute of Technology (<http://www.titech.ac.jp/english/>)

All the notifications from the Institute will be posted on its website.

(2) Mail delivery

The division in charge of student affairs will send a mass e-mail to confirm if individual students are safe or not. Be sure to reply to the e-mail.

Contact: General Administration Group, Student Division

Email: kyo.anpi@jim.titech.ac.jp

Tel: 03-5734-3003, 7640

Emergency Information Card

Fill in the information as required and always carry this card with you, along with this manual and your Safety Confirmation Card.

Tokyo Institute of Technology Emergency Information Card

Name:

Student ID:

Emergency contact information:

Postal address:

Phone number:

Date of birth (yyyy/mm/dd):

Chronic diseases

Regular medications

Allergies

Blood type

4

Judging Whether or Not You Can Go Home

If you are at the Institute when an earthquake occurs, act as follows:

* Stay at the Institute until instructed that you can go home.

* In general, the distance one can walk home is considered to be within 10 km from the campus.

* If it is difficult to walk home, wait until public transportation services resume operation.

Judging if you can go home or not

- Distance: Is your house located within walking distance of the campus?
- Shoes: Can you walk a long distance and walk through rubble with your shoes?
- Clothing: Can you endure the sunlight and cold in your current clothing?
- Physical strength: Do you feel confident to walk home?
- Route home: Do you know the route you need to go on foot? Are there any other persons who go home in the same direction?
- Time: Can you get home before it gets dark?
- Food: Do you have handy food for carrying around (e.g., chocolate, candies, water)?
- Communication device: Do you have a mobile phone or other communication device?
- Weather: Is the weather turning bad, or worsening weather predicted?

Precautions when returning home

- Use the Disaster Emergency Message Dial or similar services to efficiently let your family know your status.
- Avoid unnecessary use of your mobile phone (to prevent draining the battery).
- Take appropriate rests, so as to restore your strength and get information.
- Make effective use of facilities that provide support for persons stranded due to failure of the transport system.
- If you feel it is too hard to return home, consider going back to the Institute.

After arriving home, check the information provided by the Institute.

- Notify the Institute that you are safe at home, referring to the procedure described in "Contact with the Institute" on page 5.

3

Notifying Your Status

After an earthquake, contact the Institute to inform whether you are safe or not.

After the occurrence of a large-scale earthquake, Tokyo Institute of Technology will confirm whether students are safe or not. The purposes of this are to check if there is someone left behind in the buildings and conduct swift rescue operations if necessary, and to make appropriate judgments based on available information on the status of students going to/from the Institute or at home.

After moving to an evacuation site after an earthquake occurs while you are at the Institute

- Put your Safety Confirmation Card into the collection box, or report your status to your instructors/advisors or other faculty or staff member.
- If you know someone is left behind in the building, immediately report it to a faculty or staff member.

When you are on the way to the Institute

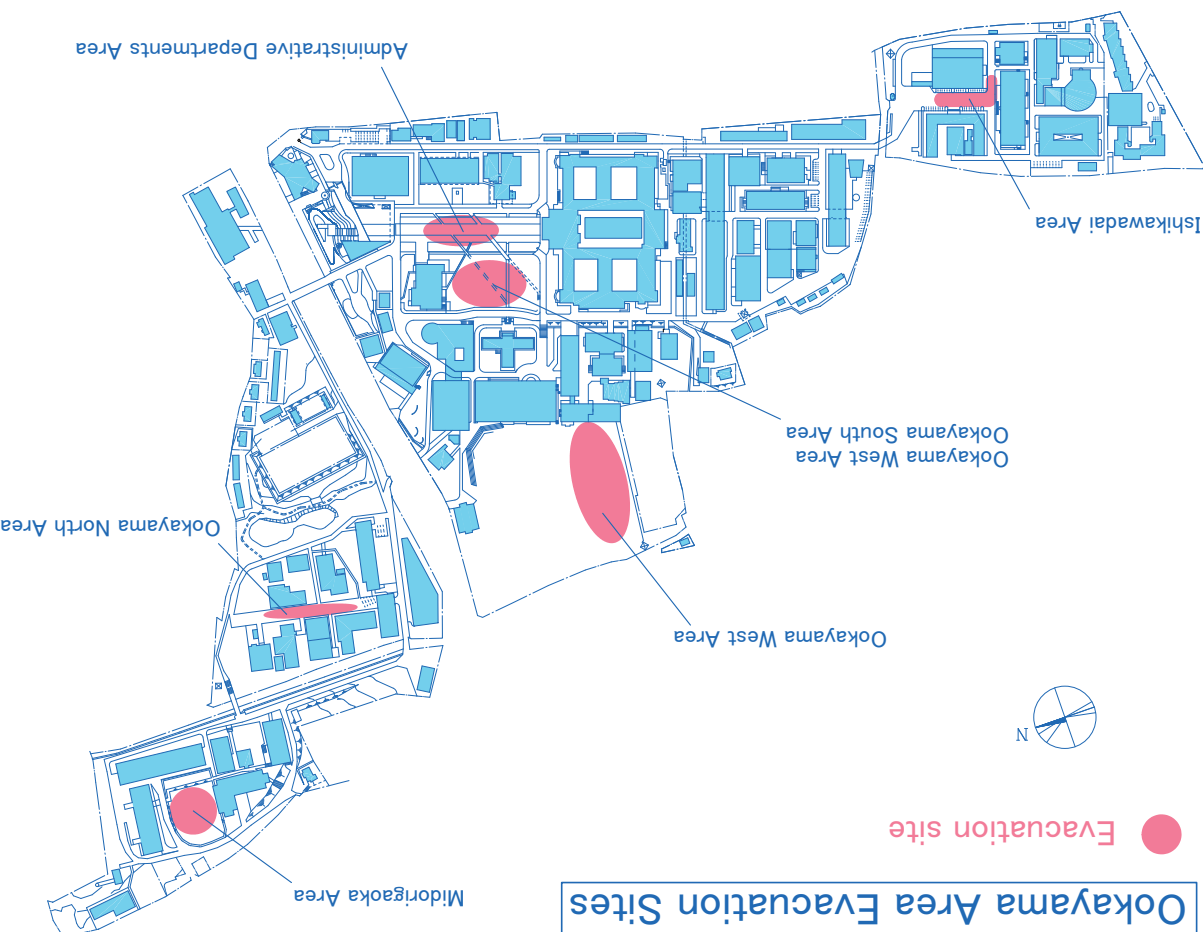
- Basically, you should return home.
- Continue to the Institute if you are already very close.
- Notify whether you are safe or not, following the procedure that is most applicable to you.

When you are at home

- After things calm down, report your status to the Institute.
- Notify whether you are safe or not, following the procedure described in "Contact with the Institute" on page 5.

Ookayama Area Evacuation Sites

● Evacuation site



Each year, Tokyo Institute of Technology holds a disaster prevention drill. You are encouraged to participate in the drill and confirm the locations of evacuation areas and routes.

Give top priority to returning home safely.

Even if you are confident of your physical strength, it is important to never overreach yourself. Give top priority to returning home safely, and be mindful of maintaining appropriate pacing, giving yourself space. First, get information on the direction you will go and make sure it is a route that you can walk home. You should plan a leisurely journey to ensure that your physical and mental strengths are maintained until you reach home, by periodically taking a break.

Also, it can be dangerous to move around after sunset, when the town is plunged into darkness by power failure. Do not move around during nighttime but spend the night at a safe place. Then begin walking home again after the sun comes up the next morning.

Take time and periodically take a break.

Never be in too much of a hurry. Especially when first starting your walk home, you should start slowly while watching your physical condition. On the way home, take a break periodically according to your pace. It is generally recommended to take a break of 10 minutes every hour. Whenever you feel any pain or discomfort, provide early care. If foot blisters form, you will have difficulty walking. We recommend that you prepare high-calorie, pocket-size food and drinks, so that you can eat food and stay hydrated while walking.

During the hot season, drink more water. When it rains, wear a rain cape, raincoat or poncho to keep both hands free. Since you can become easily exhausted in these weather conditions, it is better not to walk too much.

Walk along arterial roads or roads you are familiar with. It is also important to set a short distance as a goal for each leg of your journey. If you have a traveling companion who walks at a pace similar to yours, you can mutually encourage and enjoy conversation with him/her to make the walk go easier.

Gas stations and convenience stores with the following stickers have agreed to serve as support stations to help people walking home due to failure of the transport system in a disaster. Specifically, these stations offer water and toilet facilities, as well as provide traffic information based on maps, information on accessible roads obtained from radio or other media, and information on evacuation areas in the vicinity.



Emergency support station
(Gas stations in Tokyo)



Station that supports
people walking home
in disaster situations
(Gas stations in Kanagawa Prefecture)



Station that helps people
get home in disaster situations
(convenience stores, etc.)

Disaster message board services (message registration/replay)

- NTT docomo
<http://dengon.docomo.ne.jp/Etop.cgi>
- au by KDDI
<http://dengon.ezweb.ne.jp/>
- SoftBank
<http://dengon.softbank.ne.jp/E>
- WILLCOM
<http://dengon.willcom-inc.com>

Legend

- Station providing support for those walking home (Tokyo only)
- Wide-area evacuation site
- Major designated emergency hospital or disaster-response headquarter hospital
- Tokyo-designated road with support for those walking home
- Police station
- Fire station

