

3 Earthquake Preparation

Preparation and Support for Disaster Relief Workers

Disaster Relief Workers are...

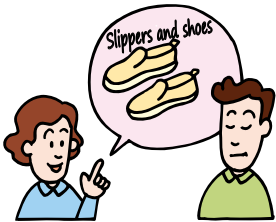
□ In the event of earthquake, those who will face the most difficulty in protecting their own well being include; bedridden elderly, disabled and injured residents, children and non-Japanese-speaking foreigners. Disaster relief workers will require invaluable assistance from individuals and their families, in addition to everyone in the community. There are many ways people can assist relief efforts - first, call out, and make clear what your immediate needs are.

□ For those who will require extra support and their families: make regular preparations for disaster event, join in on disaster drill training, and develop connections in your area who can assist you.

Take particular care on these points.

InformSightlessResidents

- After an earthquake, fallen objects and glass shards will be scattered, so please ask nearby people to confirm the area's safety. Prepare thick-soled slippers or sneakers to avoid injury to feet.



- If you even suspect burning, shout "Fire!" in a loud voice to alert others nearby.



- If you are outdoors, shout out and ask others nearby about area conditions. Ask to be guided to the nearest safe area.

MessageToCaretakers

- Sightless residents should take initiative to call out and let those in the area know you are there.



- When guiding the blind, stand on the opposite side from their service animal or cane, and have them grip your arm while walking a half step ahead of them.



Regular Preparation

Area Communication

To those requiring additional aid

Be proactive in creating regular opportunities to communicate with neighbors, and become aware of each others' needs.

To area residents

For those whose disabilities might not be easily apparent, not fully understanding the situation might result in panic. By understanding various special needs, you are better able to assist in supporting and calming disabled neighbors.

- Indicate evacuation directions using clear expressions. Rather than saying "around/over there", clearly state "10 feet away on the right," etc. Instead of "There's a staircase," say clearly "Take those stairs up from here." Once you are finished assisting one person, call out again.

- If you lose your guide, find another nearby person to guide you.

If you notice someone with a service dog

- Service dogs are not pets - they are the eyes of their sightless owner! They have undergone strict training and are perfectly disciplined.
- While wearing their harness (a white torso wrap), they are on the job. Do not call to them or pet these dogs. Do not give them treats either.



- If you are guiding a person with a service animal, stand on the right side of the owner and have them grip your left arm. It is also fine to guide them by voice from behind.



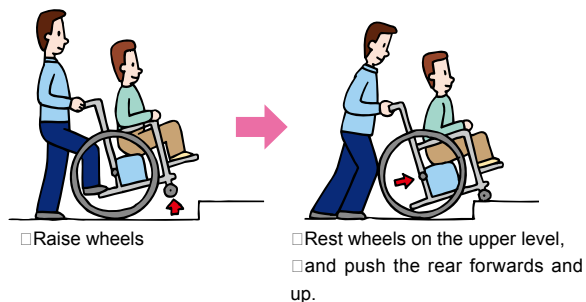
For Wheelchair Users

- Apply wheelchair brakes after making your way to a space far from furniture, and protect yourself from falling objects.

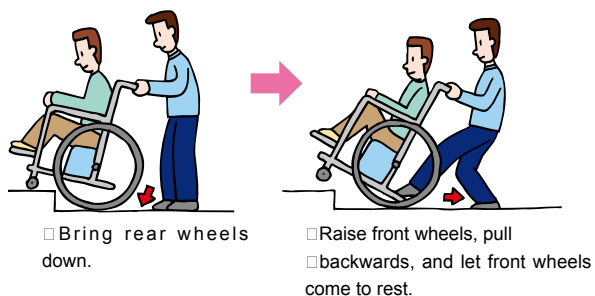
Caretakers of Wheelchair Users

- If you cannot act by yourself, let your dependent know, and ask others nearby for their help.

- When ascending to a higher level, let your dependent know and proceed forwards by raising the front wheels.



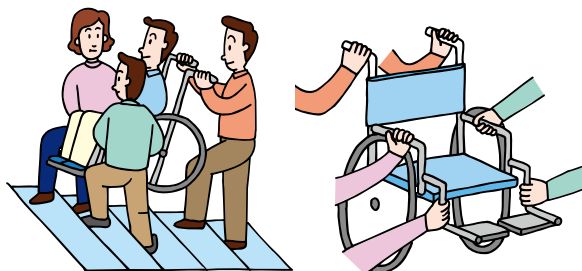
- When moving to a lower level, let your dependent know and proceed backwards with large wheels descending first.



- On stairs, carry the wheelchair user with the aid of at least 3 people.

When ascending, face forwards. When descending, carry them backwards.

- Completely apply the brakes.
- Have 3 helpers position themselves around the wheelchair as seen on the right.
- Have everyone grip the chair as seen at right.
- Lift the wheelchair, and proceed slowly step-by-step.



For Deaf Residents

- Inform others nearby of your situation through sign-language or writing.

- Always carry a notepad and pen with you.
- It's convenient to carry an assistance card and a whistle with you.

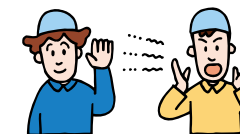
My name is ---
I have a hearing disability.
Please tell me the situation.
Please write what I should do and where I should evacuate to.

For those assisting hearing-disabled people

- Follow the other person's meaning by repeating their words.
- If you cannot communicate by listening, stop them and begin communicating by writing.

Message To Caretakers

- If you cannot hear evacuation instructions, you may be slow to grasp the situation. Let others know by writing, signing or gesturing for help.
- Ask someone to help you place phone calls to contacts.
- There are deaf people who can understand you if you face them directly and clearly mouth your words.



For people with internal disorders For people using assisted-breathing devices

- During a disaster situation, it may be difficult to reach a hospital for assistance. Before a disaster occurs, discuss with a physician what to do if unable to reach a hospital.
- If a disaster occurs and you cannot contact a primary-care hospital, if urgent assistance is needed, discuss what to do with others nearby or relief organizations.

Message To Caretakers

- Families: Become familiar with special needs by consulting with a physician.
- If health conditions cannot be ascertained by third parties, if they need help, aid them in getting in contact with family or a hospital.



For those assisting the mentally-disabled

- In the event that your dependent becomes lost, make sure that they carry a "Help Card" with them.
- When evacuating, guide them by the hand, as they may not understand explanations. Calm them using a gentle voice.

For those assisting the neurologically-disabled

- Do not forget to take required medications. It is essential that both the person concerned and their family remember medication names.
- Contact your primary-care physician. If contact cannot be established, consult with relief organizations or bystanders.

For those assisting elderly residents

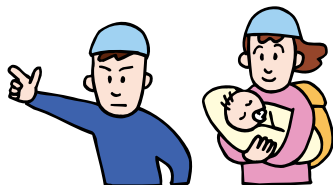
- Ensure that your dependent carries a "Help Card" and required medication on their person.
- If a dependent is bedridden, ask for assistance from neighbors. Plan evacuation routes, and learn how to build a stretcher.



- After the event occurs, confirm the locations of Evacuation sites and which routes are open to them.

For Pregnant and Breastfeeding Women

- Find someone to guide you while evacuating.
- Prepare milk, bottles, diapers, etc.



Aiding non-Japanese Speaking Foreigners

- Assist bystanders in transmitting information.
- When disaster drills are held in your area, participate if possible.



Support During Disaster Events

- Those who cannot look out for their own well-being, such as those receiving home care and the disabled, will need help from others.
- Meguro City, along with maintaining lists of those receiving assistance and disabled residents, is helping form organizations of residents, locally employed and welfare workers to provide safety and evacuation assistance.

Assistance at Evacuation Sites

- Evacuation site management can provide necessary support for elderly, disabled, and pregnant residents at the sites.
- Rooms and areas for special assistance are provided at Area Evacuation Sites.
- Supplementary Evacuation Sites located at residents' centers, etc. make providing special assistance their priority.
- Rationing priority for food is given to the elderly, disabled, and pregnant.

Support for Welfare Recipients

- For disabled residents receiving special assistance, continuing a lifestyle as normal may become difficult if services are interrupted following a disaster.
- Disaster Relief Support Teams formed of city workers make rounds to evacuation sites to check the condition of elderly and disabled, and provide assistance as necessary.
- Ask at Welfare Evacuation Sites for pros and cons on whether the elderly and disabled should continue living at home or should temporarily live at evacuation sites.