

Dear International Students,

We have tried translating the “Disaster Prevention Guide” into an English version.

However, this document has not been completed yet.

If you find better ways of phrasing things in English, please inform the Division for Safety and Health Management.

Anyone who offers help will have their names included in the material as English translation collaborators of this material.

Thank you very much for your cooperation.

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Disaster Prevention Guide

Graduate School of Science and the School of Science Tohoku University
"Faculty of Science"

This document is an English supplement to the Disaster Prevention Guide.

This is some advice to help you and your research life in Japan more safety. Please read this one and be prepared to deal with emergencies, because Japan is an earth quake-prone country. Especially if you have never experienced an earthquake, be prepared while listening to the opinions of those around you.

The important thing is to protect you by yourself.

Check your current situation below, and if "no", read the instructions on the appropriate page to do your countermeasures.

Q1 Can you smoothly escape from your lab or home in case of emergency?

If no, see page 2 A1.

Q2 Do you know what to do first if you hear an emergency earthquake warning?

If no, see page 3 A2.

Q3 Do you have any emergency food and medicine?

If no, see page 4 A3.

Q4 Do you know the Tohoku University Safety Confirmation System?

If no, see page 5 A4.

Q5 Do you know where to meet and where to pick up your supplies in case of emergency?

If no, see page 6 A5.

Q6 Do you know where the designated evacuation centers are in Sendai City?

If no, see page 7 A6.

A1. Check the following three items to help you escape quickly!

There are some reasons why you may not be able to escape smoothly.

Once again, look around your lab and home, and make sure you meet the following requirements. It's a good idea to think about escape routes in normal time to be prepared for emergencies.

What you need to do a smooth escape

1. Keep in the room tidy and secure the escape route.

- Do not place obstacles around doorway or in walkways to work areas.
- Cover cords with cable protector to prevent tripping over them.
- Fix shelves to prevent them from falling over
- Put shatterproof film on window glass.
- Put away laboratory equipment on shelves after use.

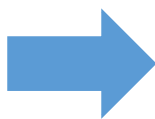
2. Understand that once you escape from the building immediately after the earthquake, you can't come back.

- Keep your helmet close at hand.
- Keep valuables close to you.
- Evacuate with your emergency bag (see page 4)

3. Prepare for power outages

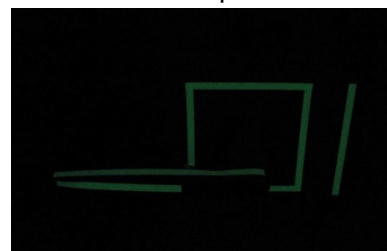
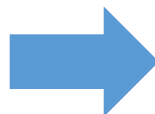
- Place flashlights at doorway.
- Install lights with a power outage detection sensor function. (see Fig. 1)
- Put up light-storing tape. (see Fig. 2)

Fig. 1 A security light is useful in case of power outages.



Price : about 1,000-2,000yen

Fig. 2 Putting up light-storing tape on doorways makes it easier to escape in case of power outages.



Price : about 300 yen /m

A2. Protecting yourselves is your first priority!

1. Protect yourself.

Put on your helmet, and go under your desk or go into the hallway and wait for the shaking to subside.

2. Move calmly to your emergency meeting place. → Check your emergency meeting place on page 6

- Once you leave the building, do not go back or enter another building.
- Do not use the elevator.

3. Post-disaster response will vary depending on the time, location, and situation of the disaster. See below.

<p>1. on-campus</p> <p><u>1-1. Daytime on weekdays</u></p> <ol style="list-style-type: none"> 1. Move to a nearby temporary evacuation place. 2. Move to the emergency meeting place (safety confirmation). [See p. 6] 3. Confirm the safety of the members of each class and laboratory. 4. If you are instructed to go home, go home as far as you can. 5. When you receive an email from the Tohoku University Safety Confirmation System, answer it immediately. <p><u>1-2. Nights or holidays</u></p> <p><u>1-2-1. If faculty and staff are present</u></p> <ol style="list-style-type: none"> 1. Follow the instructions of faculty and staff. 2. When you receive an email from the Tohoku University Safety Confirmation System, answer it immediately. <p><u>1-2-2. When only students are gathered</u></p> <ol style="list-style-type: none"> 1. Select a representative among the evacuees, make a roster of them, and submit it to the guard room. 2. Take appropriate action with reference to the following. <ul style="list-style-type: none"> If it's nighttime, wait for the sun to rise. Gather information through radio, one-segment TV, etc. In case of emergencies, use a public telephone. Or ask the guard room to use satellite phones. Go to the designated refuge area in Sendai City. 3. When you receive an email from the Tohoku University Safety Confirmation System, answer it immediately.
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<p>2. off-campus</p> <ol style="list-style-type: none"> 1. Be careful of falling objects and move to a safe place nearby. 2. Go home and wait, or go to the designated refuge area in Sendai City. 3. When you receive an email from the Tohoku University Safety Confirmation System, answer it immediately.

<p>3. In case of a disaster such as an earthquake in a remote area</p> <p>If you are accompanied by a faculty member, follow the instructions. If only students are present, move to a safer place. As soon as you can secure the means of communication, you have to inform your supervisor or department office of your safety.</p>
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A3. You need to prepare your own emergency foods.

And if you're a regular user of medicines, don't forget to prepare them too!

After a disaster, it becomes very difficult to get foods. Let's prepare emergency foods by yourself. The emergency foods provided by the Faculty of Science are enough food for one day per person. It consists of freeze-dried biscuits and three 500ml bottles of water.

In particular, those with food allergies or religious restrictions should prepare their own appropriate emergency foods. There are no emergency rations available at Faculty of Science that are compatible with the above.



In addition, it is recommended to prepare an "emergency bag" containing household medicines and so on.

Example of the contents of an "emergency bag"

- Flashlight
- Radio
- Coins (for disaster message dialing, etc.)
- Work gloves
- Emergency foods
- Regular medicine
- A note of your family and friends' phone number



A4. Please register your address with the Tohoku University Safety Confirmation System as soon as possible at the following URL!

Tohoku University is operating a system for safety confirmation. Please make sure to register your address, as we will consider the necessary support depending on the content of your reply after the disaster.

If you have any other email addresses that you can easily confirm, you need to register them in advance.

When an Earthquake Early Warning is issued, an e-mail will be sent to the registered address, so please reply it soon.

For details on how to register, please refer to the following URL.

If you are a student, see the URL below:

http://www.bureau.tohoku.ac.jp/somu/saigaitaisaku/pdf/manual1-eng_gakusei.pdf

If you are a faculty member, see the URL below:

http://www.bureau.tohoku.ac.jp/somu/saigaitaisaku/pdf/manual1-eng_kyousyokuin.pdf

If you want to answer from your smart phone, see the URL below.

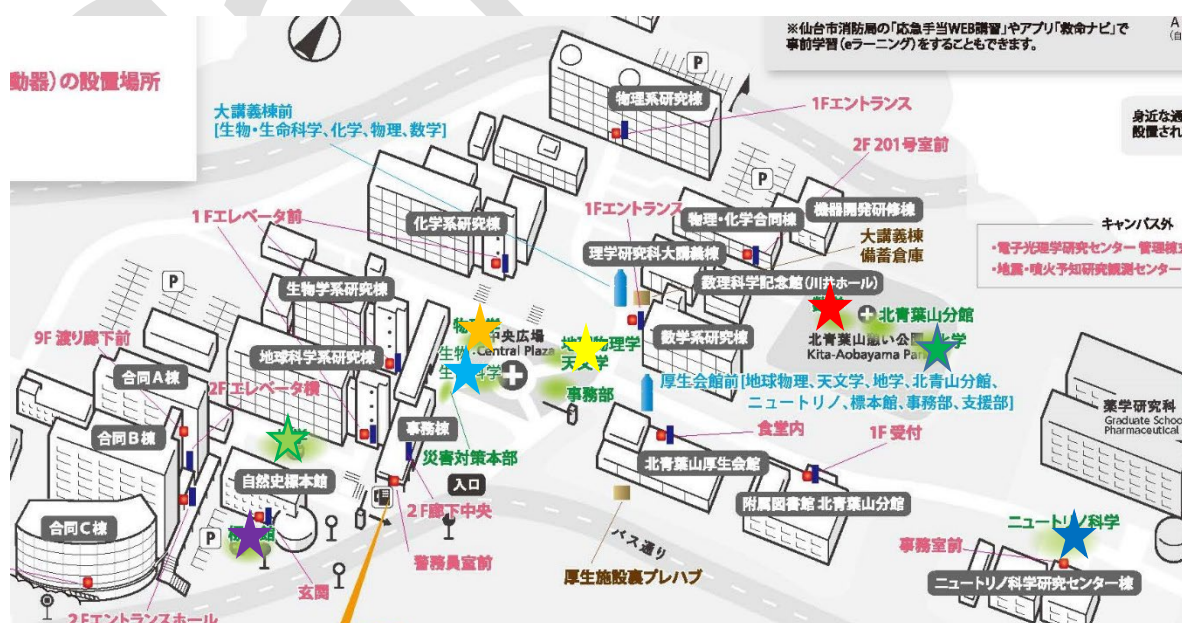
http://www.bureau.tohoku.ac.jp/somu/saigaitaisaku/pdf/manual1-eng_app.pdf

A5. Please check the map for your emergency meeting place.

In Faculty of Science, the emergency meeting place and the place to receive stockpiles are decided for each department and major. Please check the name of your Department/Major in the table below, and check the star mark of the same color on the map. In case of an emergency, you will be directed to that location.

Let's consider several ways to go to the emergency meeting place without using an elevator. Also you should confirm the person in charge of safety confirmation in your class or laboratory and how to confirm safety.

Department/Major	Emergency Meeting Place	Department/Major	Emergency Meeting Place
★ Mathematics	West side of Kita-Aobayama Park	★ Physics	North and West side of Central Plaza
★ Astronomy Geophysics	East side of Central Plaza	★ Earth Science	South side of Bicycle parking space of the Earth Science Building
★ Chemistry	East side of Kita-Aobayama Park	★ Biology	West side of Central Plaza
★ Research Center for Neutrino Science	Parking area of the Center	★ Museum of Natural History	Parking area of the Center



A6. Let's check the nearest designated refuge area to your house. See URL below:

<http://www.city.sendai.jp/koryu/foreignlanguage/en/refugearea/refugearea/index.html>

(English version)

The main designated refuge areas in Sendai City are elementary and junior high schools. Please check the website above for the name and address of the school nearest your house.

After a disaster, you will not be able to stay in Faculty of Science. The reason is that it is not a designated refuge area of Sendai City. In addition, Faculty of Science will not be able to provide you with supplies or other support.

Remember that if you forget your valuables (wallet, keys, mobile phone, etc.) during an evacuation, you never go back for them.

→ See page 2 in A1-2

This is the mark of the designated refuge area in Sendai City. Let's remember it.



Map of designated refuge areas near Faculty of Science. Do you know the closest place to your house?