

# 筑波キャンパス緊急避難場所

## Tsukuba Campus Evacuation Assembly Points

※避難建物が使用できない場合は、別に指示する建物に避難してください。

If the primary evacuation assembly point is unavailable, please evacuate to other designated point.

● 屋外避難場所  
Outdoor EAP

● 屋内避難場所  
Indoor EAP



# Protect yourself from disasters



The traditional dreadful things for children are “*Jishin Kaminari Kaji Oyaji*”, which means “Earthquake, Thunder, Fire and Father”. As you can see from that, natural disasters are greatly feared in Japan. Now we got a way to predict and avoid the lightning striking, however, the other 2 disasters are still cause big damage and hurt people. It may be difficult for you to imagine how it is, but, we all need to learn and be prepared for those disasters.

## Earthquake : It strikes when people lose their memory of the previous one

- As for now, we cannot predict when an earthquake will strike.
- Be prepared for an earthquake. Earthquakes can strike at any time.
- Earthquakes themselves don't kill people. Most deaths / injuries in earthquakes are due to building collapse.

## Don't Panic! Hope for the best, prepare for the worst

- Prepare your home for a natural disaster; fastening shelves securely to walls (with screws or tension rods "tsuppari bō," etc. Remember that being upstairs is usually safer when you are in relatively weak 2(or more)-storey building. As well as preparing home, gathering supplies is also very important. It usually takes at least 3 days to restore lifelines and basic services. Also, you'd better check the evacuation sites and route in advance. In case of the Residence Halls, please find the designated evacuation sites in the booklet "Regulations for Student Residence Halls" that you received when moved in.

### ★Build Your Own Emergency Kit

Basic Supply Lists; 10L of drinking water, ready-to-eat food, flashlight, radio, first-aid-kit (bandage, hand sanitizer, etc.) and other essential items for you. The total weight should be within 15kg.

## Emergency Preparedness Guide: Earthquake-Protect yourself First!

### ○When you're inside

#### 1. Secure your personal safety

Get under a strong desk or table and secure your personal safety until the shaking stops (usually major quakes last one to two minutes).

#### 2. Fire prevention

Turn off all gas appliance or anything that may cause a fire (cooking or heating appliances). In order to prevent secondary disasters, remember to turn off those appliances before you evacuate.

#### 3. Secure a way out

With major quakes, doors can become jammed as a result of deformation of the buildings. Leave a window or door open when the quake stops so that you always have a way to get outside.

#### 4. Do not rush outside

DO NOT RUSH OUTSIDE. Put on your slippers or shoes to protect your foot. After the shake has stopped, head to the evacuation area protecting your head from falling objects.

### ○When you're outside

Because of the falling block walls, windows, etc., outside may be most dangerous place to be in an earthquake. Cover your head from falling objects and try to get a wide-open space such as a park.

### ○When you are in an evacuation shelter

In such emergencies, follow the instructions provided by the authorized persons there and respect rules and manners always.

## \*Get accurate information from radio/TV and act calmly.

### .....~★ Emergency Kit List ★~.....

It's important to build an emergency supply kit and have it ready. Try to assemble your kit well in advance of an emergency and store it in accessible locations at home.

#### ●Daily Necessities

- Flashlight
- Battery-powered radio
- Extra batteries
- Candle, lighters, and matches
- Moist towelettes
- Blankets and waterproof sheets
- Instant heat pad (kairo)
- Sanitary napkins
- Backup pair of eyeglasses & contact lenses

#### ●Valuable Items

- Cash
- A copy of ID card (passport, residence card)
- A copy of health insurance card

#### ●Food and Drink

- Water (2 to 3 liters per day per person)
- Food, at least a three-day supply of non-perishable food items such as hardtack, ready-to-eat rice, and jerry drink in a squeezable pouch

#### ●Other (for family with babies)

- Diapers
- Powdered milk

## .....~★ Disaster Emergency Message Dial (171) ★~.....

During a disaster emergency, communication traffic to the disaster-stricken area increases and it is difficult to get through. In such a severe disaster, Disaster Emergency Message Board services will be available from major telephone / mobile phone companies. Please make use of the services to confirm your family's and friend's safety.

\*The service can also be used from mobile phones and PHSs, but please check the details with the provider of your communication device.

### When you want to let your family / friends know you're safe



Recording a Message : <Step1> Dial "171" <Step2> Press "1" <Step3> Dial your Number

### When your family / friends want to confirm your safety

Listening to a Message : <Step1> Dial "171" <Step2> Press "2" <Step3> Dial your Number

## .....~★ On-campus Earthquake / Fire Incident -Action Guide- ★~.....

### If an earthquake occurs

<b>1.Secure your personal safety</b>	Protect yourself by taking cover under a sturdy table (,etc.).	
<b>2.Evacuation</b>	When the shaking stops, head to the closest evacuation spot while attempting to extinguish fire. <b>[On-campus Evacuation Spot]</b> UT Official Website > Risk Management > Evacuation Area and Zone	
<b>3.Report your safety status</b>	Report your safety status through the Safety Confirmation System (ANPIC) <b>[What is ANPIC?]</b> UT Official Website > Risk Management > University of Tsukuba Safety Confirmation System (ANPIC)	
<b>4.Getting the correct information</b>	Don't be misled by false rumors. Gather information through the reliable source (TV, radio, fire station, or government agency)	

### Keep warm, keep safe

- In the past, some suspicious fires have occurred on campus. If you see someone / something suspicious, please do not hesitate to report to the nearest guard station or the Disaster Prevention Center (029-853-2079 \*24 hours-a-day). **\*Emergency Telephones on campus are available (see P.39 for further details.)**

#### ★Fire Prevention

- Do not forget to turn off all equipment when you are not using them.
- Do not put flammable items, such as clothing and bedding materials near heaters.

### Fires can hurt you physically and mentally

- If you discover a fire or smoke,
  - 1) Alert People in the Area: Shout out "Kaji-da (Fire!)" to let all the people nearby notice the danger.
  - 2) Raise the Alarm: Activate the nearest fire alarm and call the Disaster Prevention Center (029-853-2079 \*24 hours-a-day). **\*Emergency Telephones on campus are available (see P.39 for further details).**
  - 3) Initial Firefighting: If the fire is small and manageable, try to put out the flames using fire extinguishers.
  - 4) Call the Fire Service: Call 119 to report a fire to the local fire station.
  - 5) Evacuation Assistance: Assist those who need help in evacuating the building / place.
  - 6) Self-Evacuation: Remove yourself from danger.

# AED

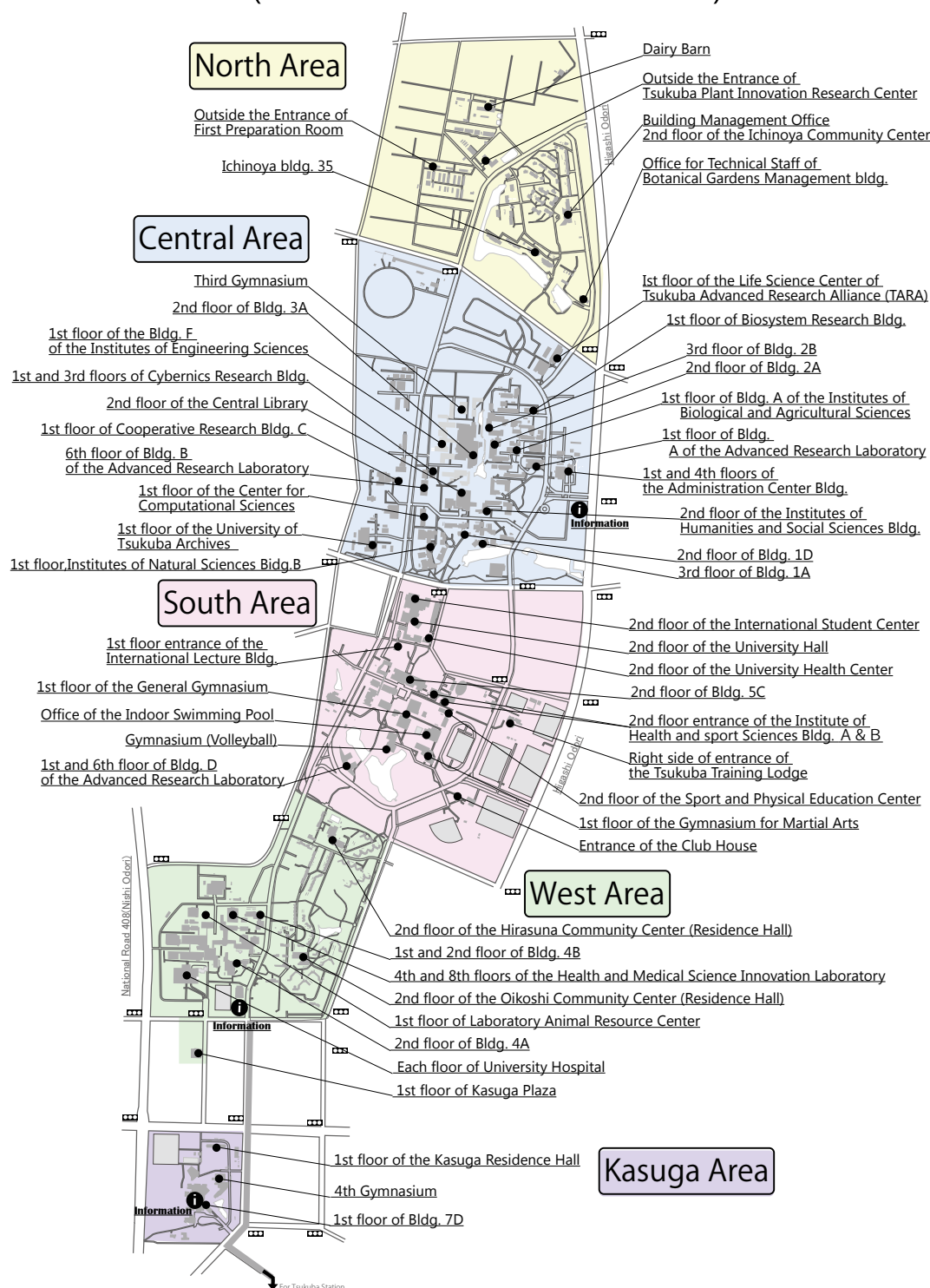
## (automated external defibrillator)



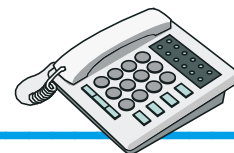
An AED (automated external defibrillator) is a medical device which gives electric shocks to a heart that is undergoing sudden cardiac arrest. They help an abnormally beating heart to recover its natural rhythm. Since July 2004, in Japan, AEDs can be used by non-medical people to resuscitate those who are suffering cardiac arrest. To save the life of someone who is suffering cardiac arrest, it is important to immediately: (1) inform emergency personnel (by calling 119), (2) perform CPR (cardiopulmonary resuscitation), (3) defibrillate using an AED, and (4) transport the person to a hospital. To use an AED, you have to: (1) push the switch to get it started, (2) attach the electrode pad to the person's chest, and, if necessary, (3) push the button to start the electrical current. Furthermore, voice instructions are given by the equipment.

Although they can be easy to use, you can receive a proper training from the Japanese Red Cross Society, fire department, etc., so that you can save someone's life. We especially recommend that members of athletic clubs learn how to use it properly. Please learn where you can find AEDs on campus.

### Map of locations of AED (automated external defibrillator) at Tsukuba University



# Emergency telephone



Emergency telephones are installed along the loop road and pedestrian walkways to use in case of emergencies. They are easy to use -- All you have to do is to lift up the receiver and you will be connected to an operator at the Disaster Prevention Center.

**You can contact the Disaster Prevention Center directly by mobile phone.**

- Call the Disaster Prevention Center at 029-853-2079 (available 24 hours)  
stay calm and give them the information. Please keep this number in your mobile phone.

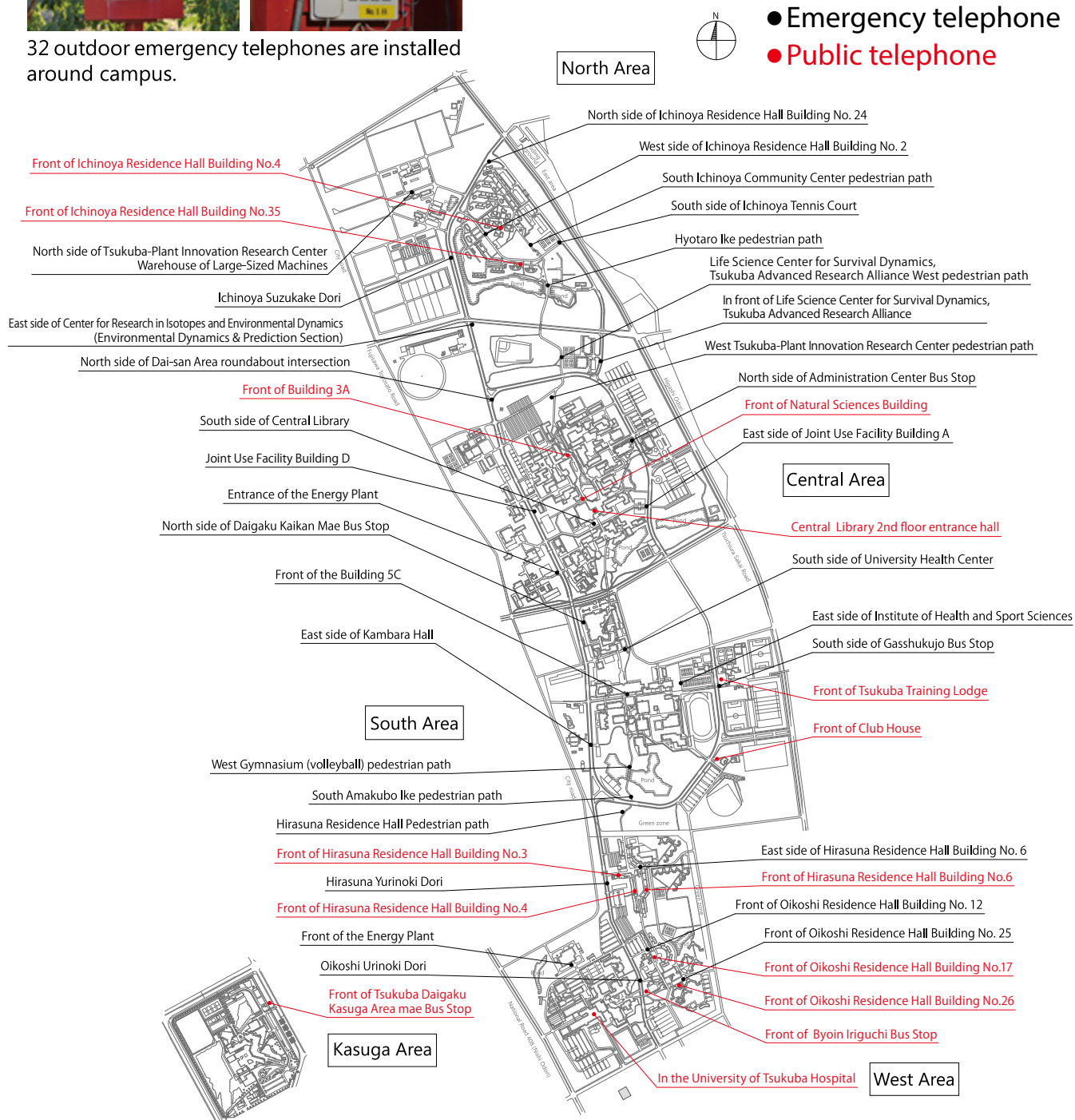
**This is the emergency telephone!**



32 outdoor emergency telephones are installed around campus.

**Where you can find the emergency telephones**

- Emergency telephone
- Public telephone



# Emergency Contact from the University



In the event of an emergency, such as a natural disaster, incident or accident, or any other emergency, the University of Tsukuba will post information on the University of Tsukuba official website, the official Facebook page, and the TWINS (Web Bulletin Board), regarding the state of emergency and the University's response to the situation.

In addition, an email is sent to the email address on the Zengaku (university-wide) Computer System given to each student to notify them of urgent and important notices and to confirm their safety in the event of a disaster.

Students should always be able to confirm emergency contact from the university.

## <Three things that students should do>

1. To check your university email every day, such as by setting forwarding
2. To check the university official website, official Facebook page, and TWINS (Web Bulletin Board) frequently
3. To report your safety as soon as possible, when you receive an email confirming your safety

\*Please check here to learn how to use the university-wide computer system's email and safety confirmation system.

Email on the Zengaku (university-wide) Computer System

<https://www.u.tsukuba.ac.jp/en-email/>

University of Tsukuba Safety Confirmation System (ANPIC)

[https://anzenkanri.tsukuba.ac.jp/?page\\_id=33804](https://anzenkanri.tsukuba.ac.jp/?page_id=33804)

\*ANPIC can be used for various functions after initial registration.

## <Flow of information in the event of an emergency>

