

# Intensity of ground shaking b

Japanese seismic scale  
(shindo):Level 0



The shaking is not noticeable.

Level 1



If you are staying still inside a building, you might feel a slight shake.

Level 2



If you are staying still inside a building, you will probably feel the shaking. It might also wake you from your sleep.

Level 3



You are most likely to feel the shaking.

Level 4



You are most likely to notice the shaking if you're outside. Many pedestrians also feel the shaking.

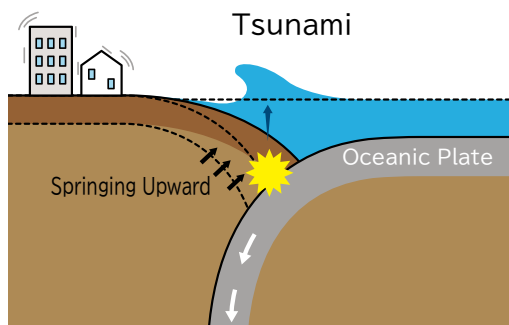
Level 5-



You might feel scared and want to hold on to something steady.

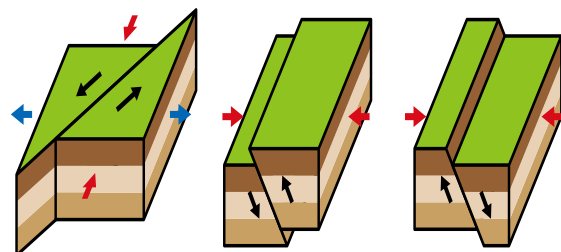
## How Do Earthquakes Happen?

### Trench Earthquake



When an oceanic plate sinks below a continental plate, the collision accumulates energy. As the energy reaches its limit, the oceanic plate breaks free, which triggers an earthquake.

### Inland Earthquake



When pressure is added to underground rock, it concentrates strain energy. As the energy reaches its limit, the ground rock shifts, which causes an earthquake.

# y seismic scale (shindo)



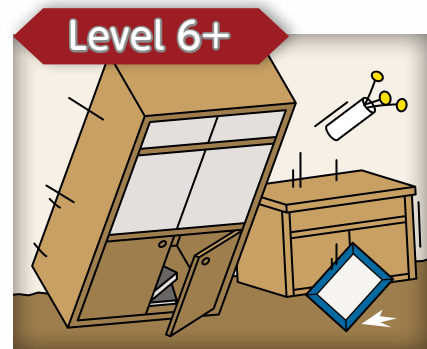
Level 5+

It becomes hard for most people to walk without clinging to something.



Level 6-

It becomes hard to stand still.



Level 6+

Most furniture that is not secured properly starts moving around or falling down.

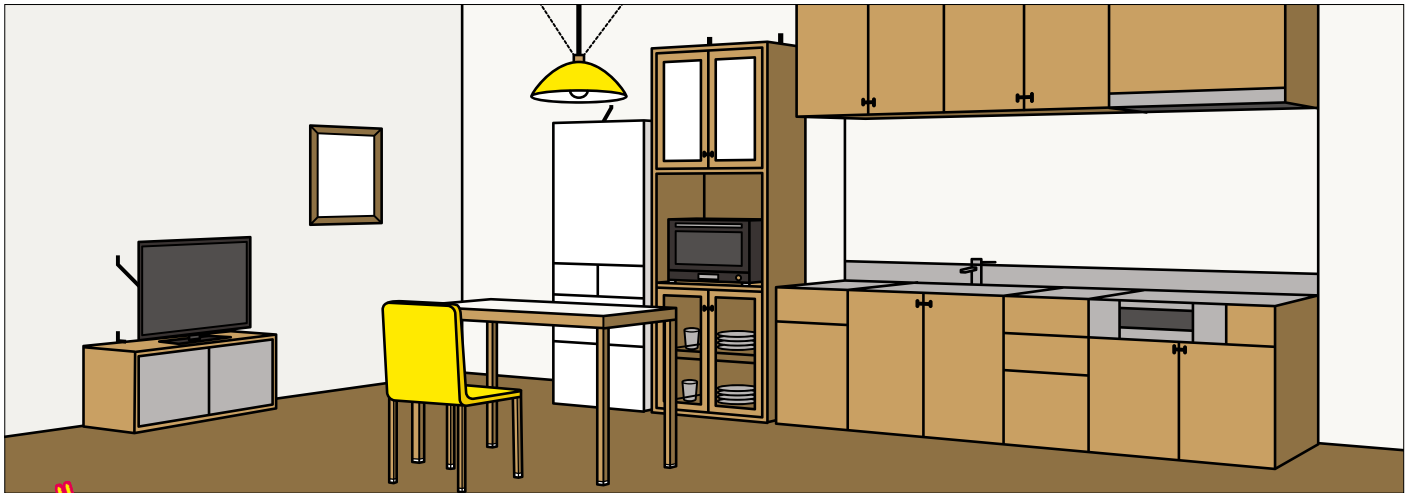


Level 7

Most furniture that is not secured properly starts moving around or falling down. Wall tiles and glass windows might also break and fall down from the surrounding buildings.

# How to Prepare for an Earthquake Inside and Outside a Building

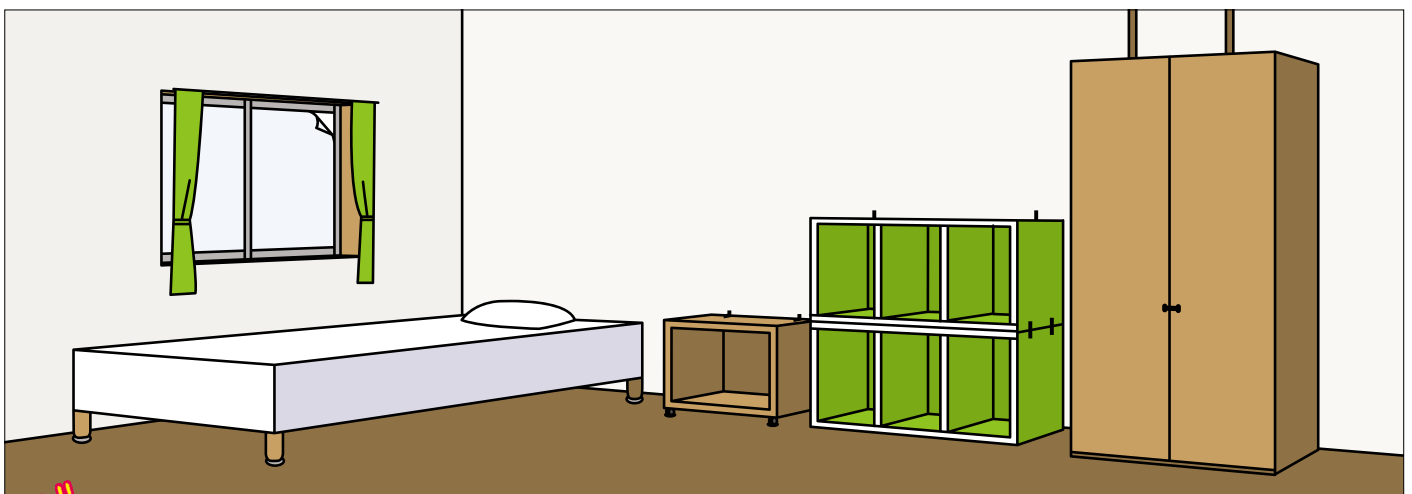
## In the Living Room



**Check!!**

- Lamps and lights Tie lighting fixtures with chains to prevent them from swinging.
- TV Fix a TV screen into place with a belt or an adhesive mat. Attach the TV stand to a wall with metal connectors and use non-slip pads on the TV stand.
- Tables and chairs Use anti-slip pads on table and chairs.
- Microwave Secure a microwave with an adhesive mat and other tools.
- Cupboard Place a cupboard in an open space so that it will not block the way if it falls over and set it with metal connectors.
- Drawers Use latches to prevent items from coming out of the drawers.
- Shelves Attach locks on the shelves to prevent items from coming out.
- Refrigerator Place a refrigerator in an open space so that it will not block the way if it falls over and fix it to a wall with connectors.

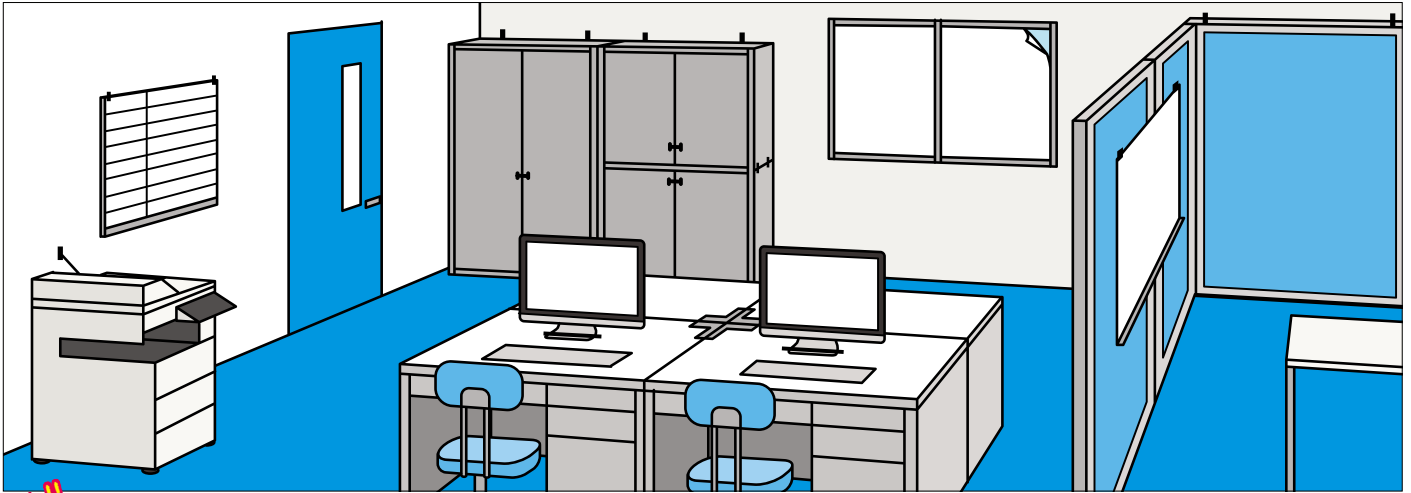
## In the Bedroom



**Check!!**

- Bed Apply anti-slip pads to the bottom of your bed.
- Glass windows Use anti-scattering adhesives on the glass.
- Furniture If furniture has wheels, lock them and use anti-slip pads and attach the furniture to a wall with connectors.
- Storage boxes If there are multiple boxes on top of another, attach all of them and fix them to a wall with connectors.
- Closets and cabinets Place closets and cabinets away from your bed so that they will not block the evacuation route when they fall over.

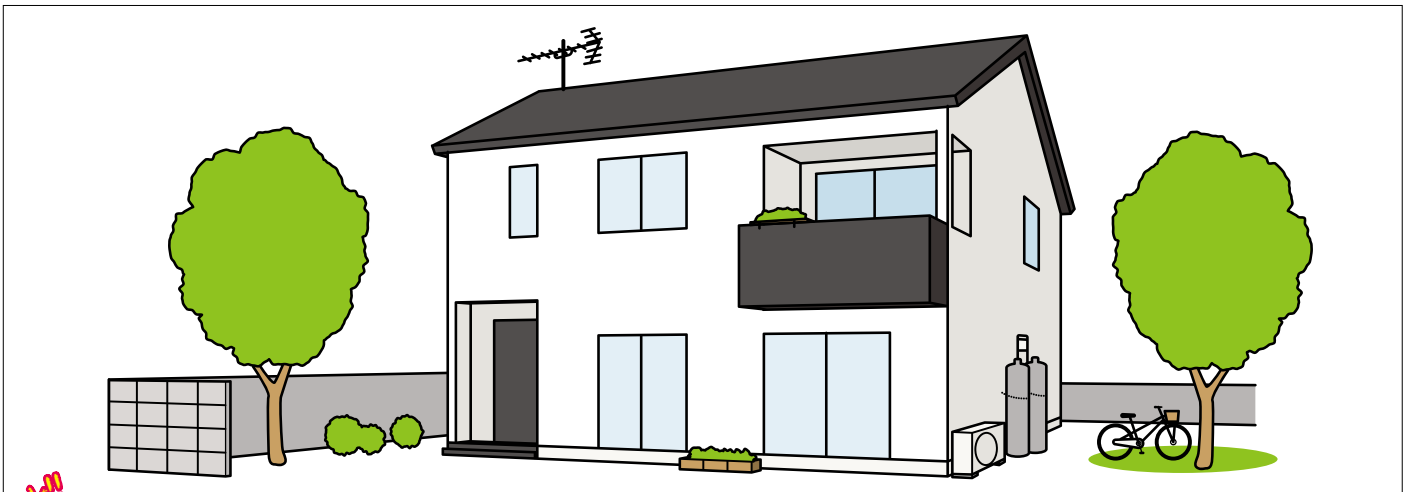
## In the Office



Check!!

- Entrances and exits Keep entrances and exits clear of items to secure evacuation routes.
- Desk Fix computers to desks with an adhesive mat or chains and also attach the desks with metal connectors.
- Cabinets Fix cabinets to a wall with L-shaped connectors and add latches to the drawers. If the cabinets are separate, attach all of them with metal connectors.
- Printers Attach them to a wall with metal connectors.
- Partitions Place partitions so that they will not easily fall over and fix them to a wall.
- Bulletin boards Fix boards with metal connectors to prevent them from falling.
- Glass windows Avoid putting items that are likely to fall over in front of windows with anti-scattering tapes.

## Outside



Check!!

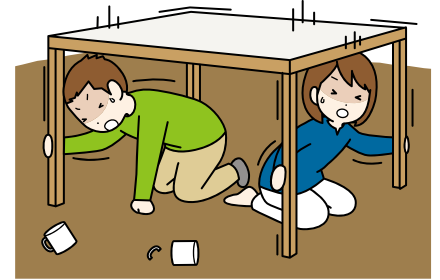
- Roof Check if the roof tiles and antennas are stable and reinforce them if necessary.
- Terrace Check if plant pots and air-conditioner condensers are placed in a safe space and attach them so that they will not fall over.
- Propane gas Check if propane gas tanks are fixed to a stable foundation and chain them to the wall so that they will not fall over.
- Doorway Move bicycles and plant pots to a different place to clear evacuation routes.
- Concrete-block walls Reinforce concrete-block walls if they are not supported by rebars and fix any cracks, inclinations or rusty parts.

# What to Do During an Earthquake

## Earthquake

### If you feel the shaking

- Hide underneath a sturdy desk and be careful of unstable furniture or other items.
- Open doors and windows and secure evacuation routes.
- Turn off the stove and gas shut-off valves.



### When the shaking stops

- If someone is injured or fire breaks out, immediately let your neighbors know.
- Confirm the safety of your family members.
- Put on shoes to prevent injury and protect your feet from broken glass.
- Evacuate immediately if there is any possibility that the building will collapse from the shaking.

### While checking on your surroundings

- Call out to any elderly or people with special needs and help them with their evacuation.
- Check TV, radio, and internet for disaster updates and ensure your safety.



### While being cautious of aftershocks

- Cooperate with your neighbors and help with extinguishing fire and rescuing others.
- Avoid entering a collapsed building.
- Stay inside your home if there is no chance of a collapse.
- Evacuate if the building might catch on fire or collapse.
- Refrain from driving a car when evacuating.
- Turn off the breaker before leaving your home to prevent fire from happening.
- Leave notes in case you need to evacuate without your family members.

### In an evacuation shelter

- Gather accurate information using TV, radio, or internet.
- Be cooperative and follow the rules of communal living at an evacuation shelter.

# What to Do Immediately After an Earthquake

## If you are at school



Hide underneath a desk, hold onto the legs, and wait until the shaking stops

## If you are in an office building



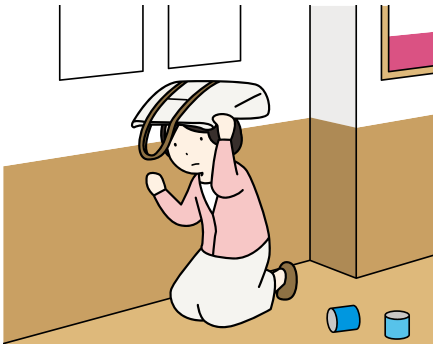
Hide underneath a desk and ensure your safety. After the shaking stops, inspect equipment.

## If you are on a train



Hold onto the handrails and straps and protect yourself from sudden movements such as emergency stops.

## If you are in a grocery store



Be careful of items, shelves, and broken glass shards projectiles. Stay near a sturdy pillar or wall and protect your head with your bag.

## If you are inside an elevator



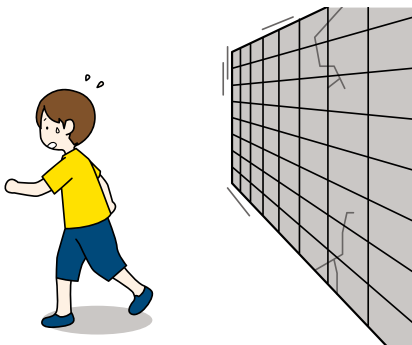
Press all the floor buttons and try to get off the elevator if it stops and opens the door on some floor. If you get locked inside, call for help through the intercom.

## If you are in the kitchen



Move to a safer place since there are many things that might fall over or scatter such as a refrigerator or cupboard.

## If you are walking in a residential area



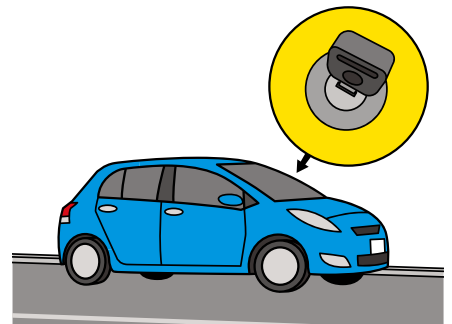
Stay away from concrete-block walls or rock walls and be careful of roof tiles and electric wires hanging overhead.

## If you are crossing a bridge



Hold onto handrails or fences to prevent yourself from falling and leave immediately as soon as the shaking stops.

## If you are driving



Slow down while watching other cars behind you, park your car on the left side of the road, leave the key, and leave your car behind.