

Immediately after an earthquake →

When the shaking stops →

When things calm down (1) →

When things calm down (2)



Earthquake!
Protect Yourself

Are you safe where you are?

YES
Stay there

NO
Go to evacuation site



Contact your family / friends
Refer to the back of this manual

Can you return home on foot?

YES
Return home

NO
Go to evacuation site



Reply to SIT Emergency Mail
Refer to the back of this manual



When you are at the university

If you feel severe shaking

- **Get away from danger spots**
Get away from windows and shelves to avoid potential injury caused by broken glass or objects that might fall from the shelves.
In cases of experiments and extra-curricular activities, when there are any hazardous materials or objects around you, get away as quickly as possible.
- **Protect your head, arms and legs**
Take cover under a sturdy desk or a bag to protect your head, arms and legs. When you are in a place where no object can fall upon you, just sit and wait.
- **Secure your evacuation route**
If you are near to a door, open it to secure your evacuation route. (Provided you can do so without risk.)
- **Wait until the shake stops**
Ensure your safety and wait for the shaking to become weaker.

When the shaking stops

- **Calm yourself down**
Keep your head and look around. There is a strong possibility of aftershocks.
- **Check out your surroundings**
If there is almost no risk of falling objects, stay where you are. If you judge there is a certain risk, move to a safer place.
- **In case of fire / Firefighting in early stages**
If a fire breaks out, cover your mouth with a towel to avoid inhaling the smoke, and cooperate with other people in firefighting if possible while you secure your safety. If you judge that it is hard to extinguish the fire, get away from it as quickly as possible.
- **Save injured people / Assist needy people**
If there is anybody injured, give first-aid with the help of others while ensuring your own safety. If you are at SIT, contact the university staff and report the situation. If you are unhurt or have sustained only minor injuries, try to help those who need assistance, such as the disabled, to evacuate safely.

Cautions on evacuation

- **Observe the "4N" rule**
Calm yourself down and evacuate while observing the "4N": Never push. Never run. Never chat. Never go back. Follow the instructions given by the staff or by public announcement. You may take your personal belongings with you. You should leave behind big luggage that might be an obstacle when evacuating.
- **Use stairs**
Do not use elevators. Use stairs when you go downstairs.

Evacuation areas surrounding SIT

Evacuation areas are mostly large areas where there is no risk of spreading fire.
SIT has reserved emergency supplies and designated the following places as evacuation areas. Be prepared, however, for evacuation to even safer areas depending on the situation after an earthquake.

Toyosu Campus

Evacuation Area ▶▶
Toyosu Campus with emergency supplies

Omiya Campus

Evacuation Area ▶▶
Omiya Campus with emergency supplies

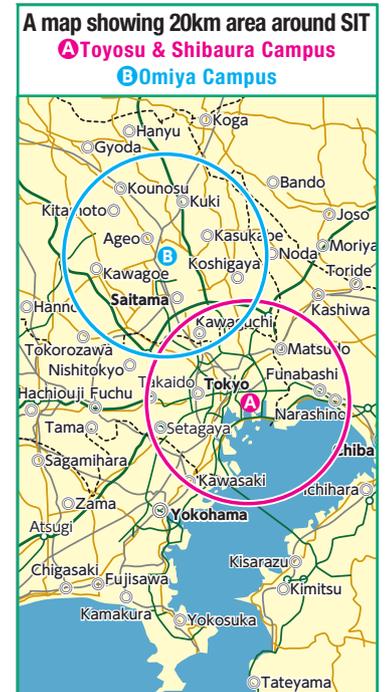
Ⓐ Baseball ground Ⓑ Tennis courts
Ⓒ Bus stop for school bus

Shibaaura Campus

Evacuation Area ▶▶
Shibaaura Campus with emergency supplies

Stay at SIT until you confirm your security.

In principle stay at SIT or other evacuation areas until the aftershocks have stopped and you confirm the safety of your route home.
If you are within 20 km from your home and wish to return there, you can consider this.
Get information from radio and TV. Beware of unfounded rumors that might be circulated even by emails.



If you are on the way back home or to school

- Check carefully the conditions surrounding you. Give priority to your safety.
- Try to move away from buildings, walls, power/telephone poles, vending machines, and anything else that might fall on you.
- Judge by yourself whether to return home, go to school, or evacuate to the nearest shelter.
- Get an accurate perspective of the damage.
- Move to the evacuation site arranged by your family in advance if possible, while putting priority on your safety.
- Follow any instructions that might be given by policemen and firefighters.

Phone numbers of your family / friends :

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