



Being prepared for earthquakes

In case of an emergency, prepare emergency supplies and take safety measures for things inside and around the house.

How to be safe inside the house

- Cupboards**
Secure in place to make sure it doesn't move. Attach metal fittings or clasps so the doors will not open.
- Lighting fixtures**
Use chains and metal fittings for lighting fixtures that hang on a single cord.
- Home fire alarm devices**
Installation is required even for households under the Fire Service Act.
- Gas range**
Use one with an automatic shut-off device.
- Refrigerators**
Secure in place so it doesn't move. Find a way to prevent the door from opening.
- Bookshelves, cabinets, etc.**
Fix with an L-shaped bracket or insert a board, etc., underneath the furniture to force it against the wall. If there are two tiers, fasten them together at the joint with metal fittings.
- Curtains**
Use those with flame-proof material.
- TV**
Place in the lowest possible position and secure with metal fittings, rope, mat, etc.
- Heating appliances**
Use one with an automatic fire-extinguishing function in case of an earthquake.
- TV stand, etc.**
When using furniture with roll casters, place stoppers under them to prevent movement.
- Glass windows**
Put an anti-shatter film on the interior surface.



Checklist

These safety measures are also very important

In the same sense as securing furniture etc., to prevent them from toppling over or falling down, some ingenuity is also required as to where furniture ought to be placed. Keep these points in mind and put them into action.

- Making space with less furniture**
In case of an emergency, make sure to have a safe space for the family to gather around away from furniture that may topple or fall down.
- Do not put furniture in the bedroom**
Do not put large furniture in the bedroom as this may cause injury especially to children and the elderly if the furniture falls on top of them while they are sleeping.

- Do not put things in doorways and aisles**
Do not put things that block the doorways or aisles. To prepare oneself for any eventuality, think about which direction a furniture will take when it topples over.
- Store heavy objects at the bottom.**
To stabilize the center of gravity of furniture, store heavy objects at the bottom and light objects at the top.