



Disaster Preparedness Manual for Students

Osaka Prefecture University

Please keep this with you at all times in case of disaster

◆In case of a major earthquake

A. When you are on campus

1. In a classroom

◇When it starts to shake

- 1) Remain calm, do not run outside. Take cover under a desk, etc., until the shaking stops.
- 2) If there is nothing to hide under, avoid anything which may fall, drop, or move in your direction, such as bookshelves, light fixtures, etc. Stay low and protect your head with your bag or clothes.
- 3) Leave the door open to ensure an exit. Avoid windows, as the glass may shatter.
- 4) In a hallway and gym, crouch down in the center area.

◇After the shaking stops

- 1) If during class, follow the directions of the teaching staff and evacuate.
- 2) Do not run outside, check if it is safe around you.
- 3) Turn off any gas or pilots to prevent fire.
- 4) In case of fire, evacuate immediately.
- 5) When evacuating, watch for any falling items and broken glass.
- 6) Do not use the elevator, and stay together as a group as much as possible.

2. When outdoors

◇When it starts to shake

- 1) Move away from any buildings, stay down and protect your head.
- 2) If you are in a car, leave the keys in the ignition, open the door and get out.

◇After the shaking stops

- 1) Check if it is safe before moving.
- 2) Next, evacuate and try not to approach any nearby buildings, walls, or fissures (cracks in the ground).

***refer to the map in the back for evacuation sites at the university.**

First, evacuate to a primary evacuation site. After it has been confirmed safe, move to the secondary (final) evacuation site, and wait.

B. When you are off campus

- 1) Do not move unnecessarily and ensure your safe.
- 2) Follow the directions of the police and fire department and evacuate.
- 3) Follow other general disaster prevention manuals and evacuate.

Reference: Disaster preparedness manual, Fire and Disaster Management Agency

http://www.fdma.go.jp/bousai_manual/index.html



C. To protect yourself from a tsunami (Sakai City area)

After a strong quake, or if a major tsunami alarm is issued

- 1) Evacuate on foot to higher ground (6.8m above sea level), heading for JR Hanwa Line.
- 2) If you are unable to evacuate immediately or travel very far, evacuate to higher ground, such as a designated tsunami evacuation building.

◆ In case of fire

- 1) Warn those around you with a loud voice and evacuate.
- 2) Push the nearest emergency fire alarm.
- 3) When evacuating, cover your nose and mouth with a handkerchief, etc., stay low and avoid inhaling the smoke.
- 4) Do not use elevator.
- 5) Do not rush to the exit and evacuate in an orderly fashion.
- 6) In case of a blackout, evacuate by heading towards the lighted exit signs.



◆ Things to always keep in mind

- 1) Know the locations of the local evacuation sites in advance.
- 2) Prepare an emergency bag using the evacuation items list.
- 3) Confirm how to contact family members and where to meet in advance.
- 4) Confirm the route to go home and how much time it takes.
- 5) Register to the disaster message board service.



◆ If you find a person who appears to be unconscious

How to perform resuscitation

If you dial 119, you can be instructed on what you should do via telephone. Even if you are not trained in resuscitation methods, try to remain calm and follow the instructions.

1. Check if the person is conscious or not

- Pat the person's shoulder and speak to him/her
- If there is no response, call an ambulance (dial 119).
- If an AED is available, ask someone to bring it to the scene.

2. Check if the person is breathing or not

- Check if the chest or abdomen is moving.
- If not, consider it to be a case of cardiac arrest.



3. Do chest compressions (heart massage)

- Put one hand on top of the other on the center of the chest and push the chest strongly at least 30 times.
- Push the chest strongly to a depth of at least 5 centimeters.
- The speed should be at least 100 times per minute.

4. How to use an AED (automated external defibrillator)

- Switch on the AED.
- Follow the voice instructions.
- Attach the electrode pads to the person.



◆How to contact to the university

◎ Bulletin Board for Safety Confirmation, university Portal Site

In the case of a major earthquake, please notify your situation on the **"Bulletin Board for Safety Confirmation."** If you are unable to access the site, please contact the "Exclusive telephone line for safety confirmation of the university **072-254-7263.**"

*Students of the Osaka Prefecture University College of Technology should contact **072-821-6401.**

【Weekdays, during the day】

Affiliation	Tel No.
Office of College of Sustainable System Sciences ・ School/ Graduate School of Economics	072-254-9595
Office of College/ School/ Graduate School of Engineering	072-254-9203
Office of College of Life, Environment, and Advanced Sciences ・ School/ Graduate School of Life and Environmental Sciences	072-254-9400
Office of College of Life, Environment, and Advanced Sciences ・ School/ Graduate of Science	072-254-9161
Office of College of Health and Human Sciences ・ School/ Graduate School of Humanities and Social Sciences	072-254-9771
Habikino Campus Office	072-950-2111
Rinku Campus Office	072-463-5056
International Office	072-254-9962
Higher Education Promotion Office	072-254-9118
Student Affairs Division	072-254-8390
College of Technology	072-821-6401

【Holidays and during the night】

Janitor's room	Tel No.	Janitor's room	Tel No.
Shirasagi Gate	072-254-9106	Habikino Campus	072-950-2111
West Gate	072-254-9123	Rinku Campus	072-463-5081
East Gate	072-254-9865	College of Technology	072-821-6401

【Consultation service when troubled】

- Health Care Center 072-254-9985
- Student Counseling Center 072-254-8381
- Student Consultation Room 072-254-8390
- WEBSC Counseling room 072-254-8399

◆How to contact family and friends in Japan

○NTT Disaster Emergency Dengon Dial / Disaster Message Board Service for mobile phones

Be sure to confirm with your family regarding how to contact each other in case of disaster in advance.

The “Disaster Emergency Dengon Dial” can be used at disaster.

To use the disaster message board service for cell phones, registration is required in advance.

NTT Disaster Emergency Dengon Dial



How to record the message (伝言の録音方法)

Dial 171. (171 にダイヤル)

An automated guidance message will play. (音声ガイダンスが流れる)

To record (1). (録音の場合 1)

An automated guidance message will play. (音声ガイダンスが流れる)

Enter the phone number of the person in the disaster area. (被災地の人の電話番号を入力)

How to play the message (伝言の再生方法)

Dial 171. (171 にダイヤル)

An automated guidance message will play. (音声ガイダンスが流れる)

To play (2). (再生の場合 2)

An automated guidance message will play. (音声ガイダンスが流れる)

Enter the phone number of the person in the disaster area. (被災地の人の電話番号を入力)

Disaster Message Board Service for cell phones

○NTT Docomo

<http://dengon.docomo.ne.jp/top.cgi>



○Softbank

<http://dengon.softbank.ne.jp/>



○au

<http://dengon.ezweb.ne.jp/>



○Willcom

<http://dengon.willcom-inc.com/>



Evacuation Items List

<p>● Food</p> <p><input type="checkbox"/> Drinking water</p> <p><input type="checkbox"/> Hard biscuits</p> <p><input type="checkbox"/> Canned food</p> <p><input type="checkbox"/> Snacks (chocolate/candy, etc.)</p> <p>*Be sure to note any expiration dates</p> <p>● Medical supplies</p> <p><input type="checkbox"/> Band aids</p> <p><input type="checkbox"/> Antiseptic</p> <p><input type="checkbox"/> Bandage/gauze</p> <p><input type="checkbox"/> Household medicines</p> <div style="border-left: 1px solid black; border-right: 1px solid black; height: 40px; margin: 10px 0;"></div> <p>*Be sure to note any expiration dates</p> <p>● Valuables</p> <p><input type="checkbox"/> Cash</p> <p><input type="checkbox"/> Bank account book</p> <p><input type="checkbox"/> Personal seal</p> <p><input type="checkbox"/> A copy of your health insurance certificate</p> <p><input type="checkbox"/> A copy of your driver's license</p> <p><input type="checkbox"/> Passport</p> <p><input type="checkbox"/> Resident card</p> <p>● Clothes</p> <p><input type="checkbox"/> Jacket</p> <p><input type="checkbox"/> Underwear</p> <p><input type="checkbox"/> Socks</p>	<p>● Miscellaneous goods</p> <p><input type="checkbox"/> Slippers</p> <p><input type="checkbox"/> Flashlight</p> <p><input type="checkbox"/> Candles</p> <p><input type="checkbox"/> Lighter/matches</p> <p><input type="checkbox"/> Paper plates, paper cups, chopsticks</p> <p><input type="checkbox"/> Knife</p> <p><input type="checkbox"/> Cotton work gloves with non-slip dots</p> <p><input type="checkbox"/> A raincoat</p> <p><input type="checkbox"/> Tissue paper</p> <p><input type="checkbox"/> A portable radio</p> <p><input type="checkbox"/> Batteries</p> <p><input type="checkbox"/> Plastic bags/trash bags</p> <p><input type="checkbox"/> Emergency contact list</p> <p><input type="checkbox"/> Neighborhood hazard map</p> <p><input type="checkbox"/> Writing instruments</p> <p><input type="checkbox"/> Memo pad</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
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Check these items regularly, and be prepared to evacuate promptly.

Colleges ☐ System ☐ Engineering ☐ Life ☐ Health

Safety Confirmation Card (for students)

Place this card in the collection BOX during evacuation
(set up in the evacuation site on campus)

Furigana reading	
Name	
Student ID	
College, School, Dept./ Graduate School, Dept./ Course of College of Technology	
Grade	
Blood type	A • B • O • AB
Tel No. (emergency)	— —
Injuries	None/minor/major Other()
Destination	
Contact info, etc.	

Faculty/
Department

Engineering

☐

Life

☐

Science

☐

Economics

☐

Humanities

☐

Nursing

☐

General

☐

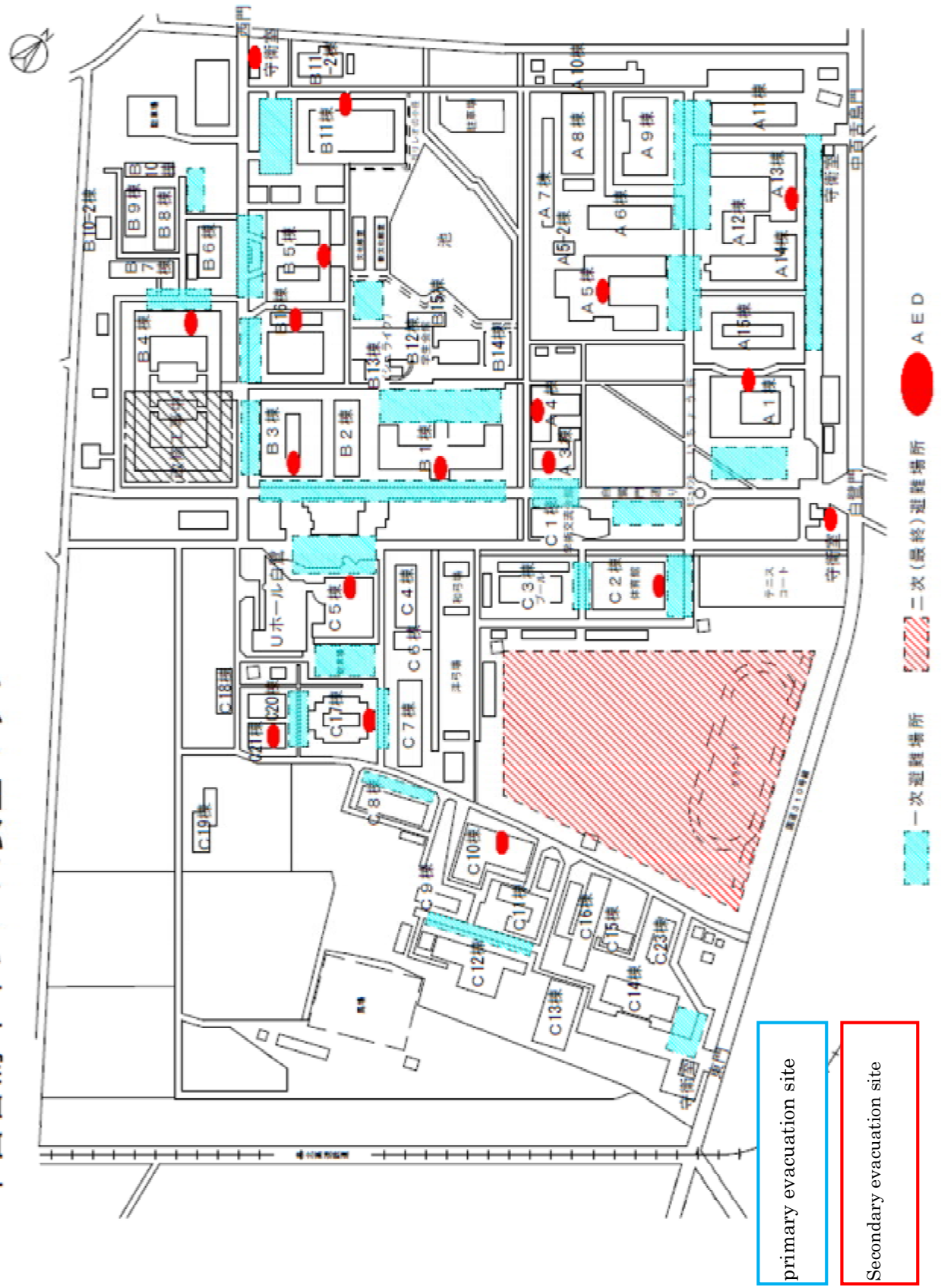
***Fill in your name, etc., in advance.**

***Print so that it is easy to read, and pass to the person collecting the forms.**

***Cut off and turn in this form, with the appropriate areas filled out**



中百舌鳥キャンパス安全マップ

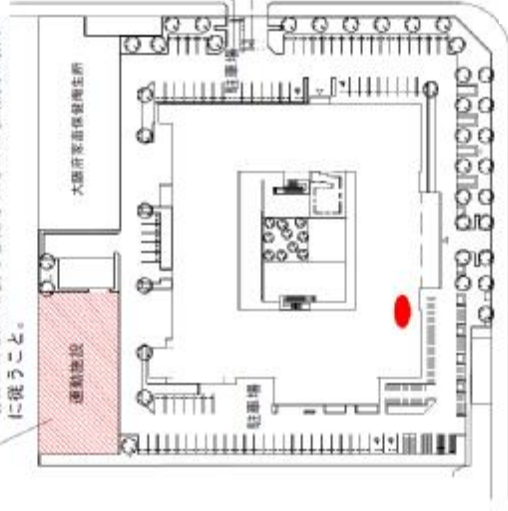


羽曳野キャンパス安全マップ



りんくうキャンパス安全マップ

避難場所は、火災を想定した場所であり、地震の場合は津波の来襲も想定されるので教職員の指示に従うこと。



The evacuation site below has been designated in case of fire only. In case of earthquake and tsunami, please follow the directions of the teaching staff.

府大高専安全マップ

