

One Point Advice

Building Evacuations

たてもの だっしゅつほうほう
建物からの脱出方法

Once the shaking of an earthquake subsides, you have to know how to get out of your house or apartment, and you might not be able to use the front door.

After the quake stops, first try the doors. If they won't open, you may need to go through a window or off a balcony. If you have to break open a window, you should use a strong chair or your fire extinguisher, especially if it's made of reinforced glass. Try to knock away as much glass as possible and avoid being cut.

Most apartment buildings and many houses have emergency ladders leading to the ground. If your residence doesn't have such a ladder, or for some reason it can't be accessed, ropes may be the next best thing. Tie the end of the rope to the railing and descend slowly. If you don't have an actual rope, make one with bed sheets or coats. Whichever kind of rope you use, make sure there are knots in it to prevent you from sliding. If you are too high up to make it to the ground at once, move from floor to floor until you can.

Jumping is extremely dangerous, and should only be done as a last resort, when there are no ladders, no rescue teams, and fire is spreading. If you absolutely cannot wait, then try to throw out a mattress or futon to help soften your landing. Don't try to land on concrete; instead, aim for a dirt surface or bushes lessen the impact.