

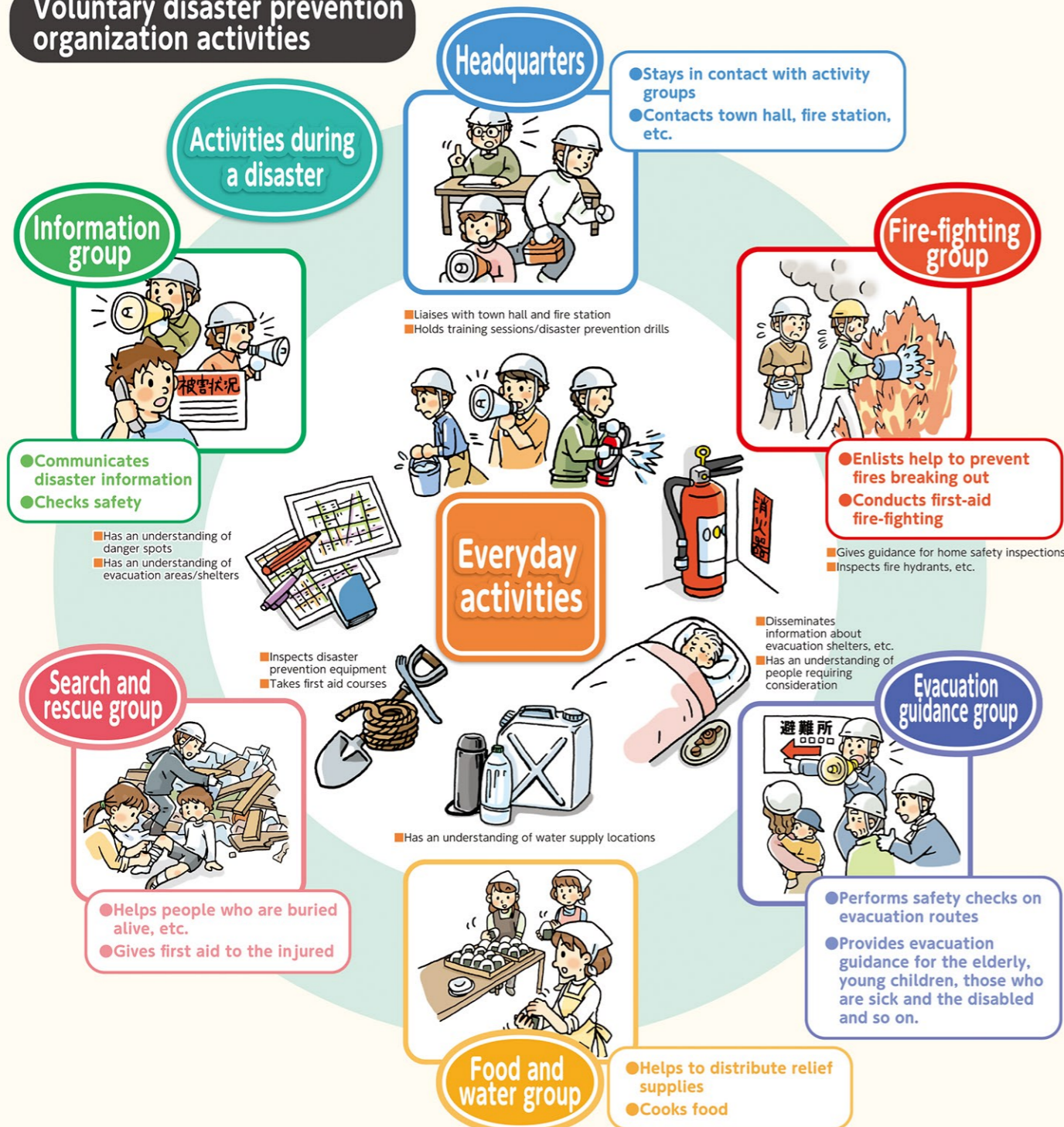


Protect your own town!

Voluntary disaster prevention organizations

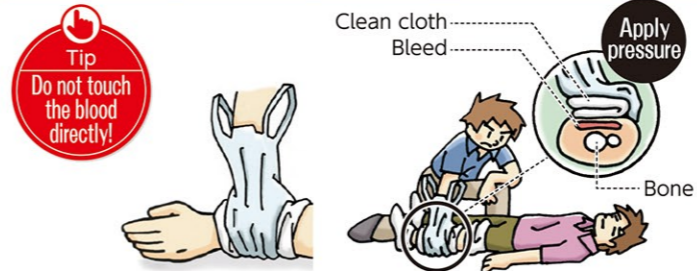
When there is widespread damage such as fire, roads being cut off, power cuts or no water supply, it may not be possible for the town hall and relevant organizations to respond to emergencies. At such times, it is important that people in the community work together and help each other. Exchange information with neighbors in the course of your daily lives and think about disaster prevention measures for the community. Actively participate in community activities such as the residents' association and work to create a community that is safeguarded against disaster.

Voluntary disaster prevention organization activities



First aid using nearby objects

How to stop bleeding –Direct pressure method–



- Cover your hands in a plastic bag or similar so that you do not come into direct contact with the blood.
- Put pressure directly on the wound using a clean cloth. (clean handkerchief or towel, etc.)
- If the injury is to the hand or foot, raise it above the heart.
- If the blood seeps through the cloth, place another clean cloth on top of it and continue to apply pressure.
- When the bleeding stops, secure the cloth with which you were applying pressure and get to a hospital.

First aid for broken bones



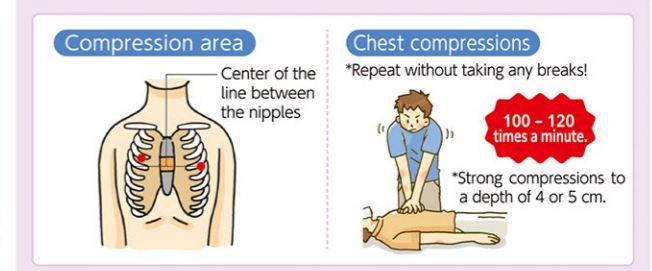
- Secure the broken bone. Use the objects you find around you such as folding umbrellas, magazines, newspapers and cardboard.
- Splint the broken bone (using a substitute) and secure using a large handkerchief, tie or similar.

First aid when the person is unconscious

CPR procedure

- Check for a response (consciousness).** Speak loudly into the ear of the injured person, asking them if they are OK or saying hello while gently patting them on the shoulder to see if there is a response or not.
- Call for help.** If there is no response, shout "Help! Someone's collapsed!" Once help has arrived, give specific instructions such as "You call 119" and "You get the AED".
- Check breathing.** Check whether the injured person is breathing normally.
- Do chest compressions.** If the person is not breathing, start chest compressions but place a towel or handkerchief over their nose and mouth if you have one. You could also use a mask or a piece of clothing. Specific instructions are as follows: place the palms of your hands on top of each other in the center of the chest, straighten your elbows and put your weight into pressing down straight 100 – 120 times a minute. If there is an AED, follow the audio guidance.

- 3 Check breathing.** Check whether the injured person is breathing normally.
- Tip** Put the person in the recovery position if they are unresponsive but breathing normally.
- Roll the person onto their side, bend the top knee 90° and stabilize. Rest the face on the back of the top hand and move the lower jaw forward.



Life-saving measures with an AED (Automated External Defibrillator)

An AED (Automated External Defibrillator) is a machine that gives an electric shock to a convulsing heart that has suddenly stopped to restore a normal rhythm. It automatically analyses the electrocardiogram when the attached electrode pads are placed on the injured person's chest and only shocks if defibrillation is necessary so anyone can use it safely and reliably.

Setting up the AED (Automated External Defibrillator), following the audio guidance and defibrillating can contribute greatly to saving a life!

