

Disaster Safety
Guidebook

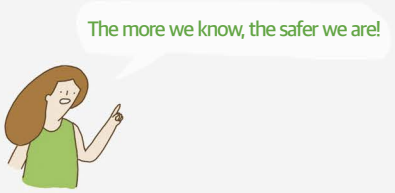


281 Things you should do,
72 Things you should not Do









Disaster comes when least expected.
We must stay informed on how to handle the situation and always be prepared. Gyeonggi-do has organized a list of 281 things to do and 72 things to not do in 35 disasters that could occur at any time. We hope that this disaster safety guidebook assists in keeping you a little safer.



Disaster Safety **Guidebook**

281 Things you should do,
72 Things you should not Do

Disaster Safety **Guidebook**

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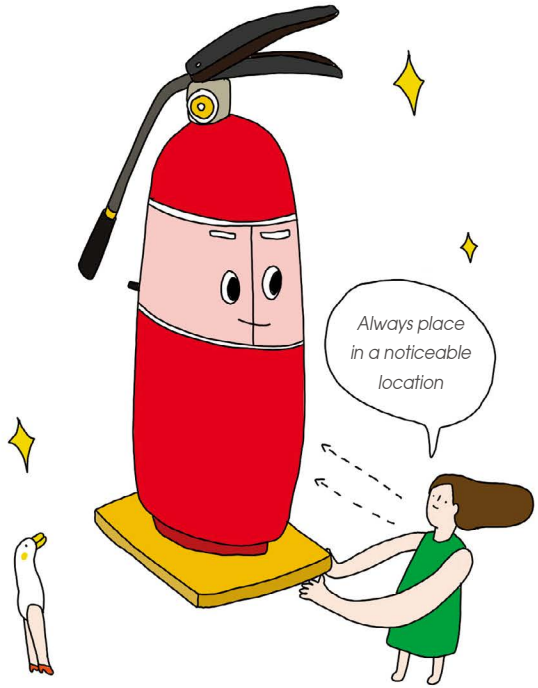
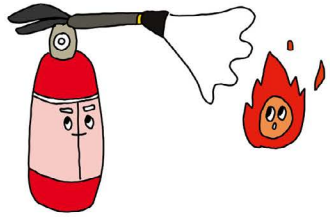
How to use fire extinguisher

DO

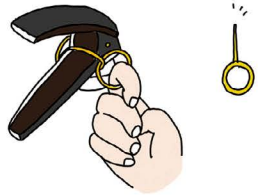
❶ Place it in a well-visible place



❷ Only for small fire



❸ Pull strongly the front safety pin of handle!



❹ Pull out the hose and hold the handle!



❺ Approach!



❻ Spray it like sweeping with broom



❼ Lean against wind

❽ Lean against exit



Use it as leaning against exit for easy evacuation (so that you can escape immediately)

1 Always place it in a prominent position
2 Only for small fire
3 Strongly pull out the front safety pin of the handle
4 Pull out the hose and hold the handle
5 Approach fire after spraying
6 Spray evenly around flames
7 Use it with the wind on the back
8 Use it with the exit door on the back for easy evacuation

DO NOT

❶ Watch the handle!

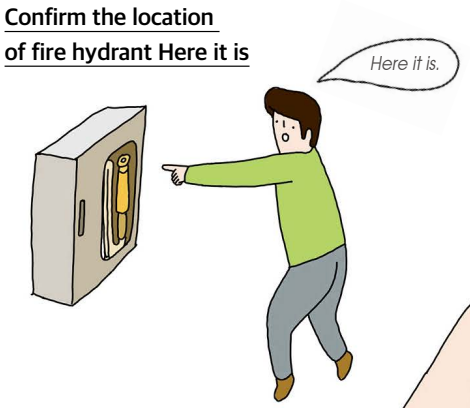


1 When removing the safety pin, do not hold the handle (the pin does not fit).)

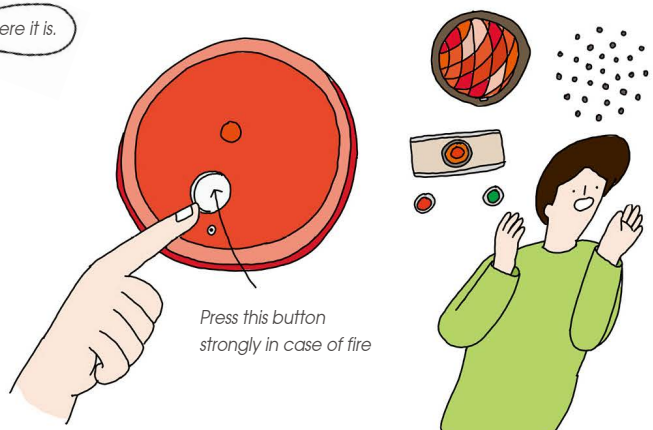
How to use fire hydrant

DO

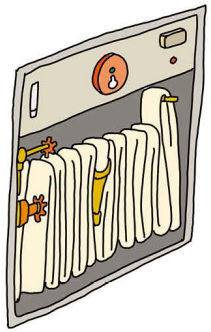
❶ Confirm the location of fire hydrant Here it is



❷ Inform other the fire!



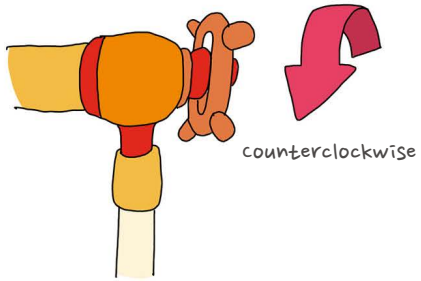
❸ Open fire hydrant doors wide!



❹ Pull out hoses and hold nozzle



❺ Slowly to the left

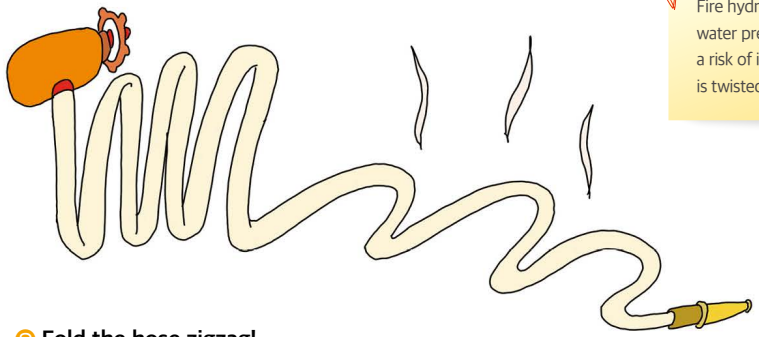


1 Locate the nearest hydrant
2 Press the emergency bell to inform the fire
3 Open fire hydrant door
4 Pull out the hose and hold the nozzle
5 Slowly turn the open/close valve to the left
6 Shoot towards the fire
7 Lock open/close valve after fire suppression
8 Remove the water from the hose and dry it.
9 Fold the hose zigzag to keep it

❻ Shoot water towards the fire!



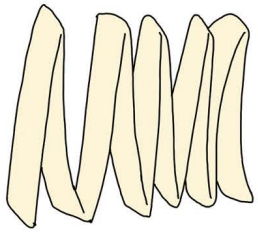
❼ Lock open/close valve after fire suppression



❽ Remove the water and dry it

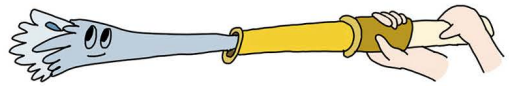
Fire hydrant has strong water pressure, so there is a risk of injury if the hose is twisted or folded.

❾ Fold the hose zigzag!



DO NOT

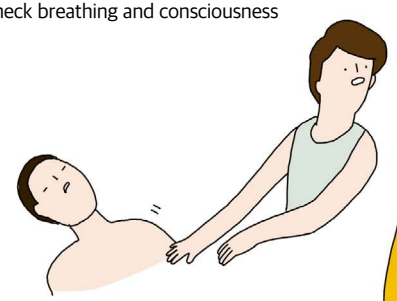
❶ Hold tight the nozzle



1 Be careful not to miss the nozzle with strong water pressure!

❶ Check the present by knocking the shoulders!

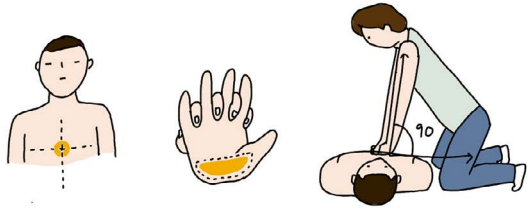
Check breathing and consciousness



❷ ❸ Ask for help by pinpointing it exactly



❹ Chest compressions of 30 times

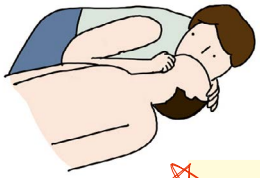


1 Do not press the anti-cardium when pressing the chest
2 Do not bend the your elbows when you press the chest
3 Do not press too fast 100 to 120 times per minute(2 times per second or 3 to 4 times per second)

1 Check the reaction by knocking the shoulder
2 Pinpoint a person around you and have the person to report to 119
3 Ask for help from another person, such as an automated external defibrillator(AED).
4 3 or 4 times in 2 seconds, 5 cm deep chest compression of 30 times
· Stretch the elbow and make the arm perpendicular to the floor
5 Lift your head and lift your chin and perform artificial respiration 2 times
· Follow voice instructions when cardiac shock is needed
6 Continuous chest compression
7 Repeat infinitely until 119 paramedics arrive
· Do it alternately if there are 2 or more people
· If artificial respiration is not possible, continue chest compressions only

❺ Artificial respiration 2 times

If cardiac shock is required, follow the voice instruction from automated external defibrillator (AED)



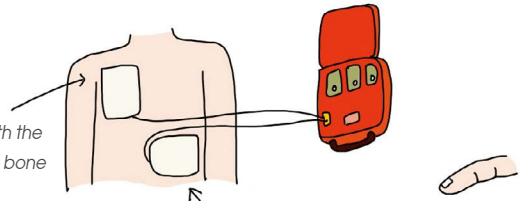
CPR order
Patient discovery → Reaction confirmation → 119 report → Chest press

How to use automated external defibrillator(AED)

Automated external defibrillator(AED)



Follow the voice instruction to select adults and children first.
Remove the patient's shirts and remove sweat and wetness.

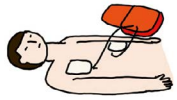


Right beneath the right clavicle bone

Located at 7cm from the left armpit downward

7cm corresponds to about the length of the second finger of an adult

While analyzing patient's heart rhythm,



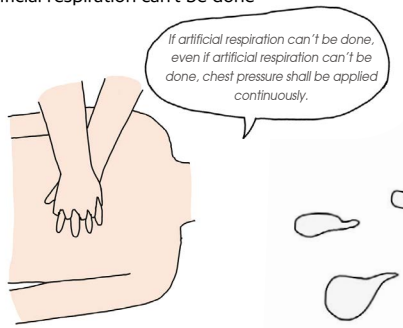


you should be away from the patient's body so that errors do not occur

Even when an electric shock is applied, you should be away from the patient

❻ Continuous chest compression

If artificial respiration can't be done



❼ Infinite repeat

Repeat CPR until ambulance arrives.



❶ Emergency supplies



1 **Emergency supplies**
Relief bag, NBC mask, dust mask, aluminum blankets, emergency lamps, batteries, candles, protective gloves, small radios, raincoat, floor mats, emergency chargers, whistles, lighters, mobile phones, etc.

2 **Living necessities**
Toilet paper, toothpaste, toothbrush, soap, handkerchief, disposable cutlery set, sanitary napkin, bottled water 500ml, canned food etc.

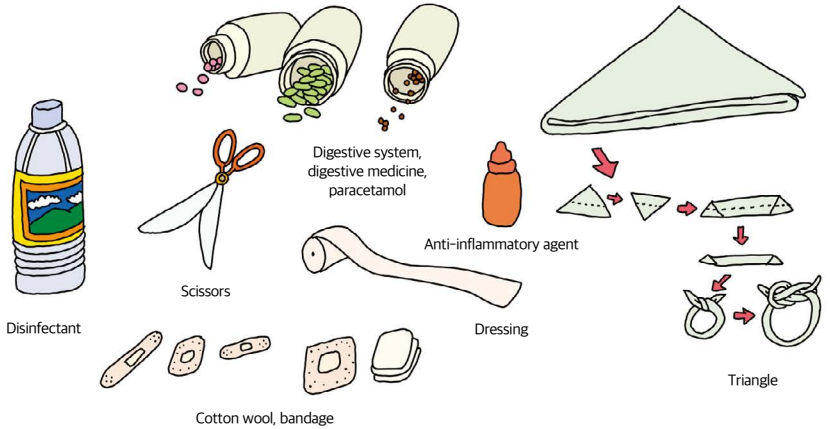
3 **Emergency drugs**
Disinfectants, digestive medicine, antipyretics, antiseptics, anti-inflammatories, scissors, hemostats, pincette, dressing, cotton ball, bandages, triangle

4 **Others**
Identification, cash, card, prescription, formula, diaper, sleeping bag, blankets, extra clothes, writing tools, utility knife, map, first aid booklet, etc.

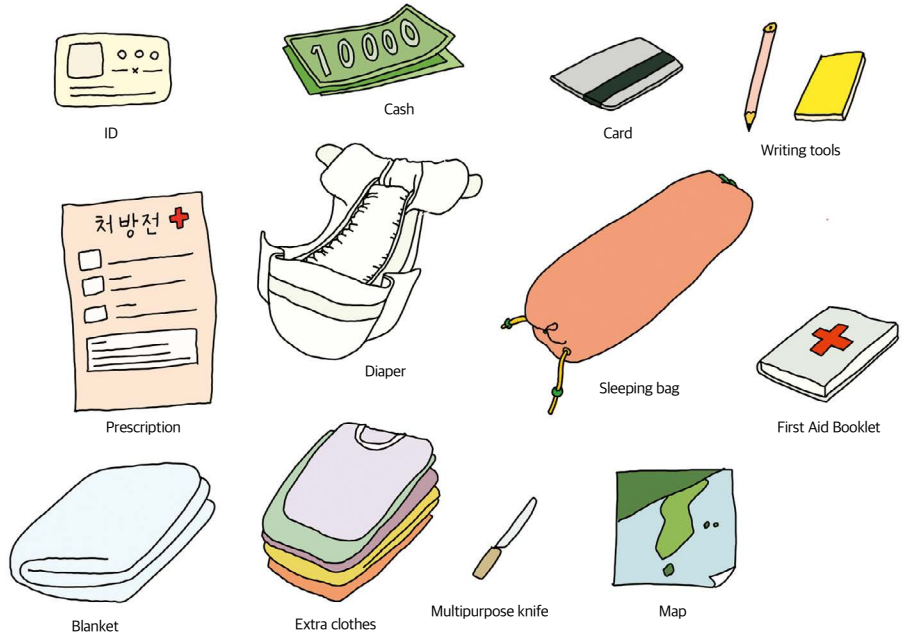
❷ Living necessities



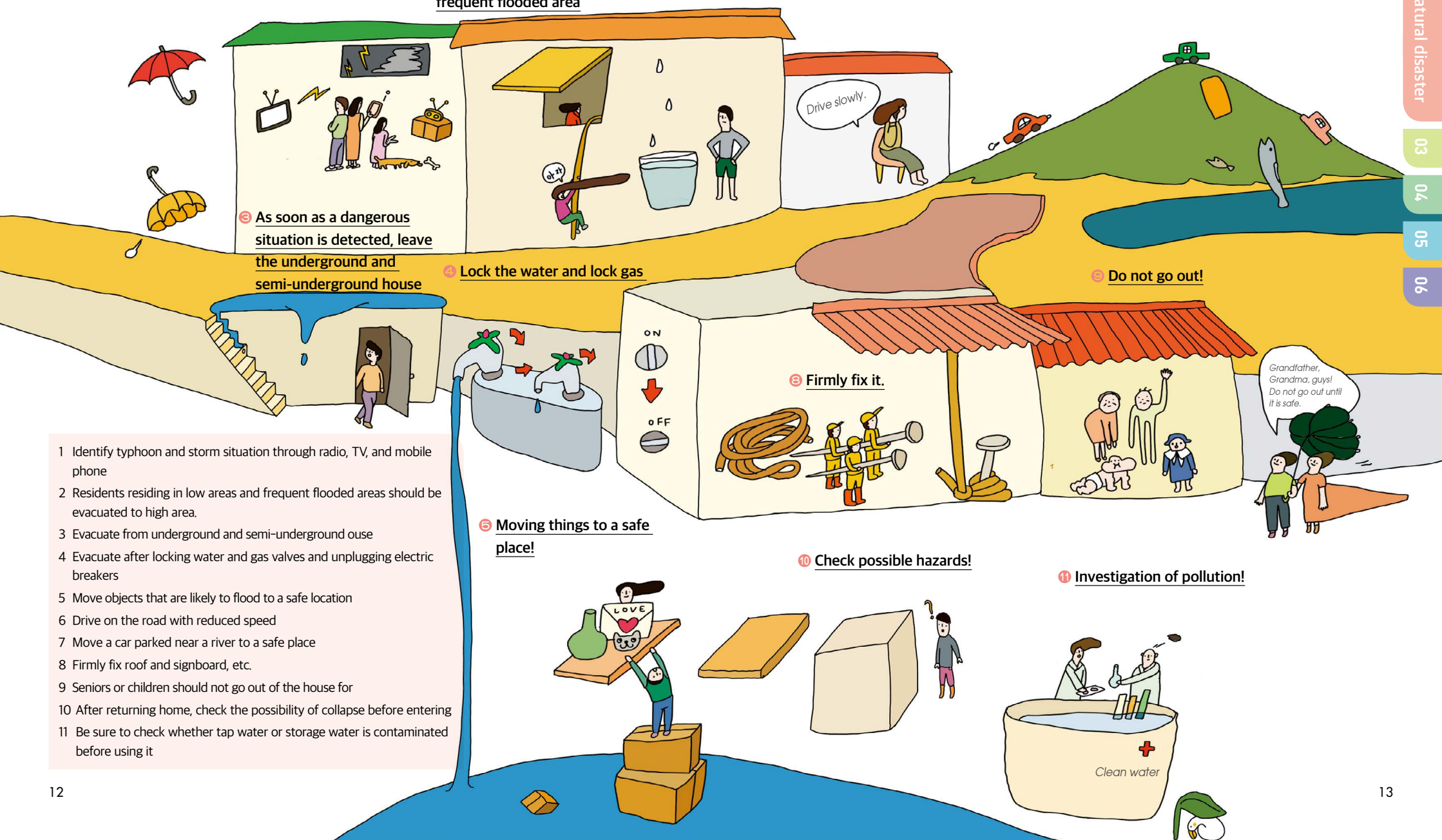
❸ Emergency drugs



❹ Others

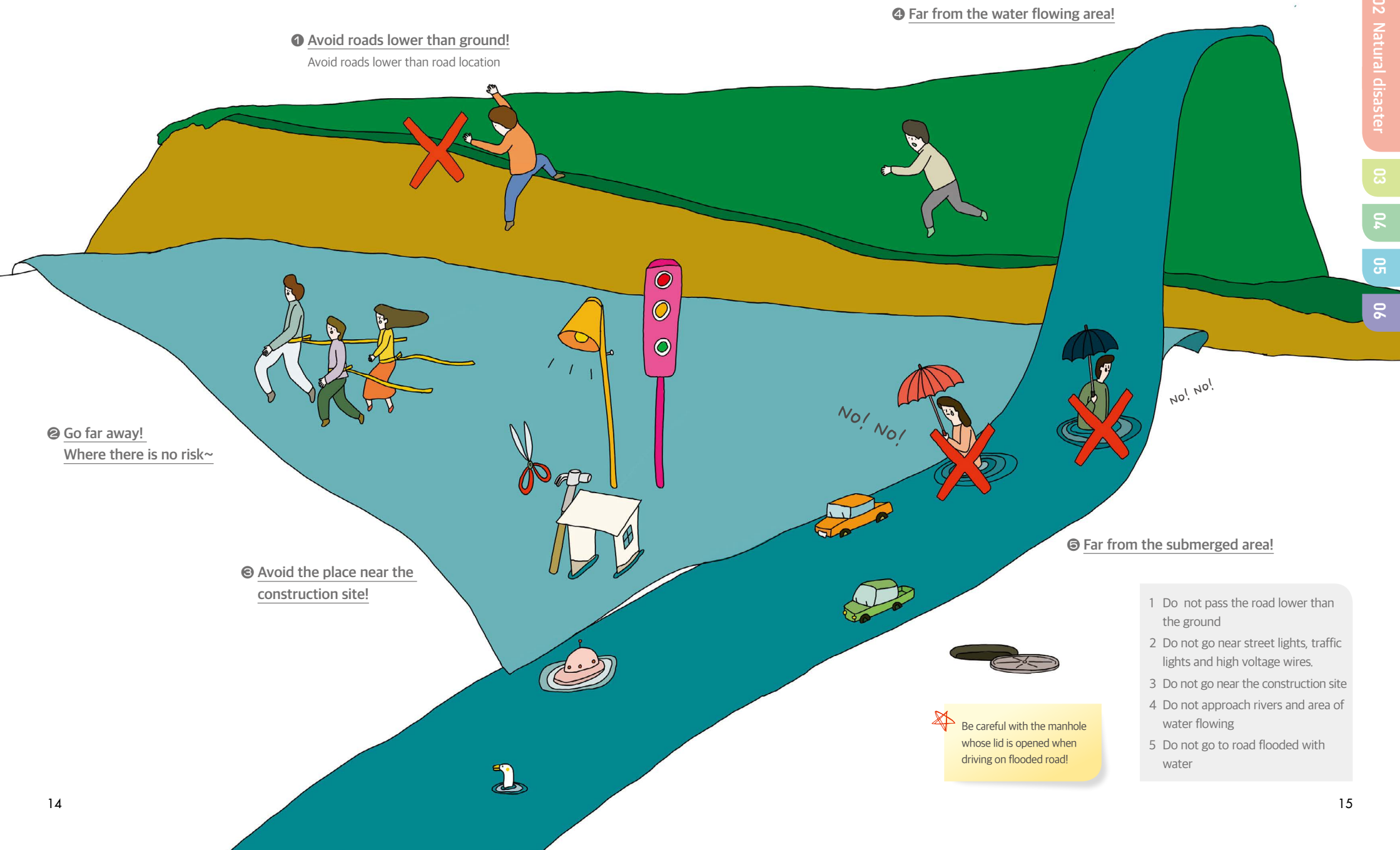


DO



1 Identify typhoon and storm situation through radio, TV, and mobile phone
2 Residents residing in low areas and frequent flooded areas should be evacuated to high area.
3 Evacuate from underground and semi-underground ouse
4 Evacuate after locking water and gas valves and unplugging electric breakers
5 Move objects that are likely to flood to a safe location
6 Drive on the road with reduced speed
7 Move a car parked near a river to a safe place
8 Firmly fix roof and signboard, etc.
9 Seniors or children should not go out of the house for
10 After returning home, check the possibility of collapse before entering
11 Be sure to check whether tap water or storage water is contaminated before using it

DO NOT

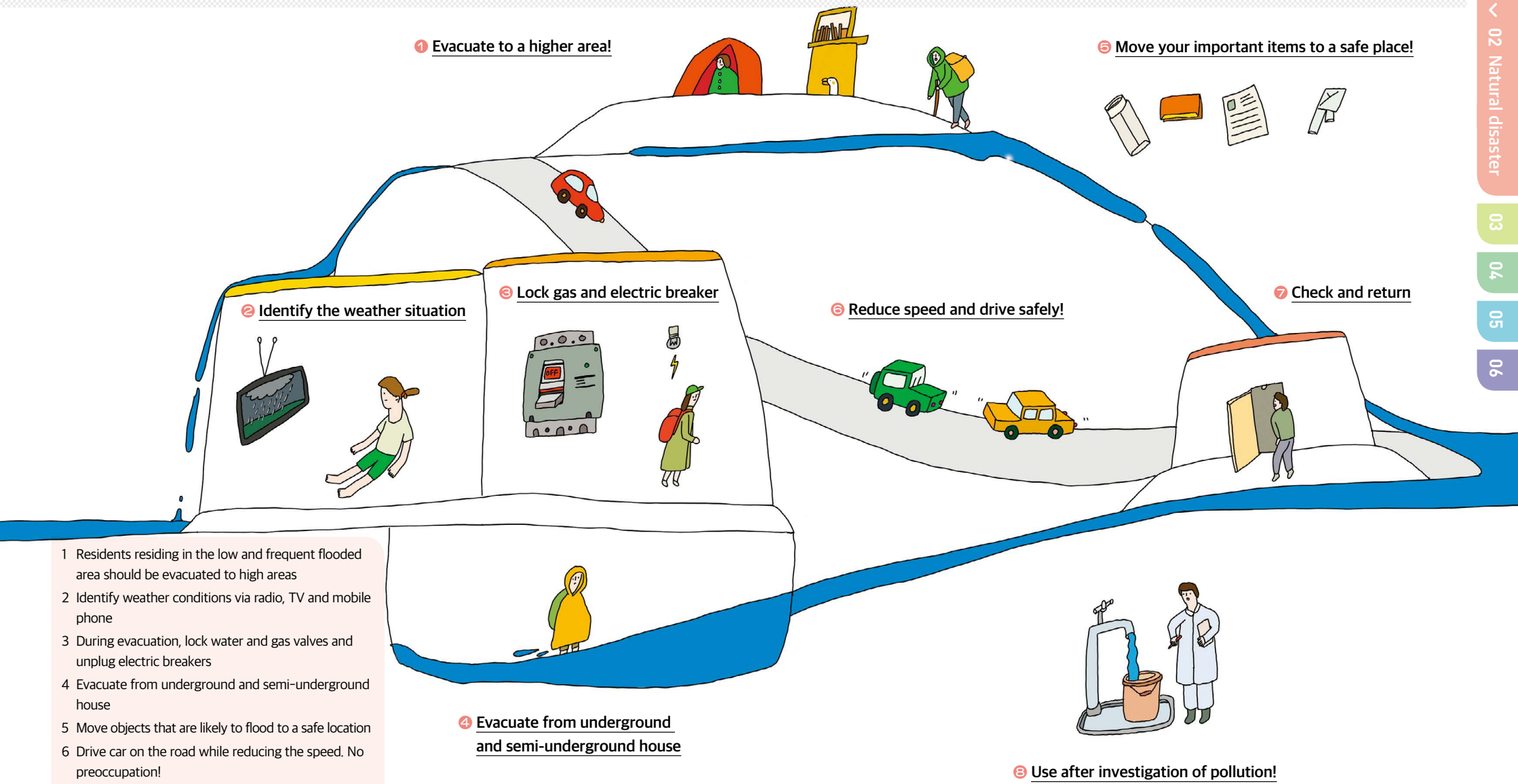


Be careful with the manhole whose lid is opened when driving on flooded road!

1 Do not pass the road lower than the ground
2 Do not go near street lights, traffic lights and high voltage wires.
3 Do not go near the construction site
4 Do not approach rivers and area of water flowing
5 Do not go to road flooded with water

Flood / inundation

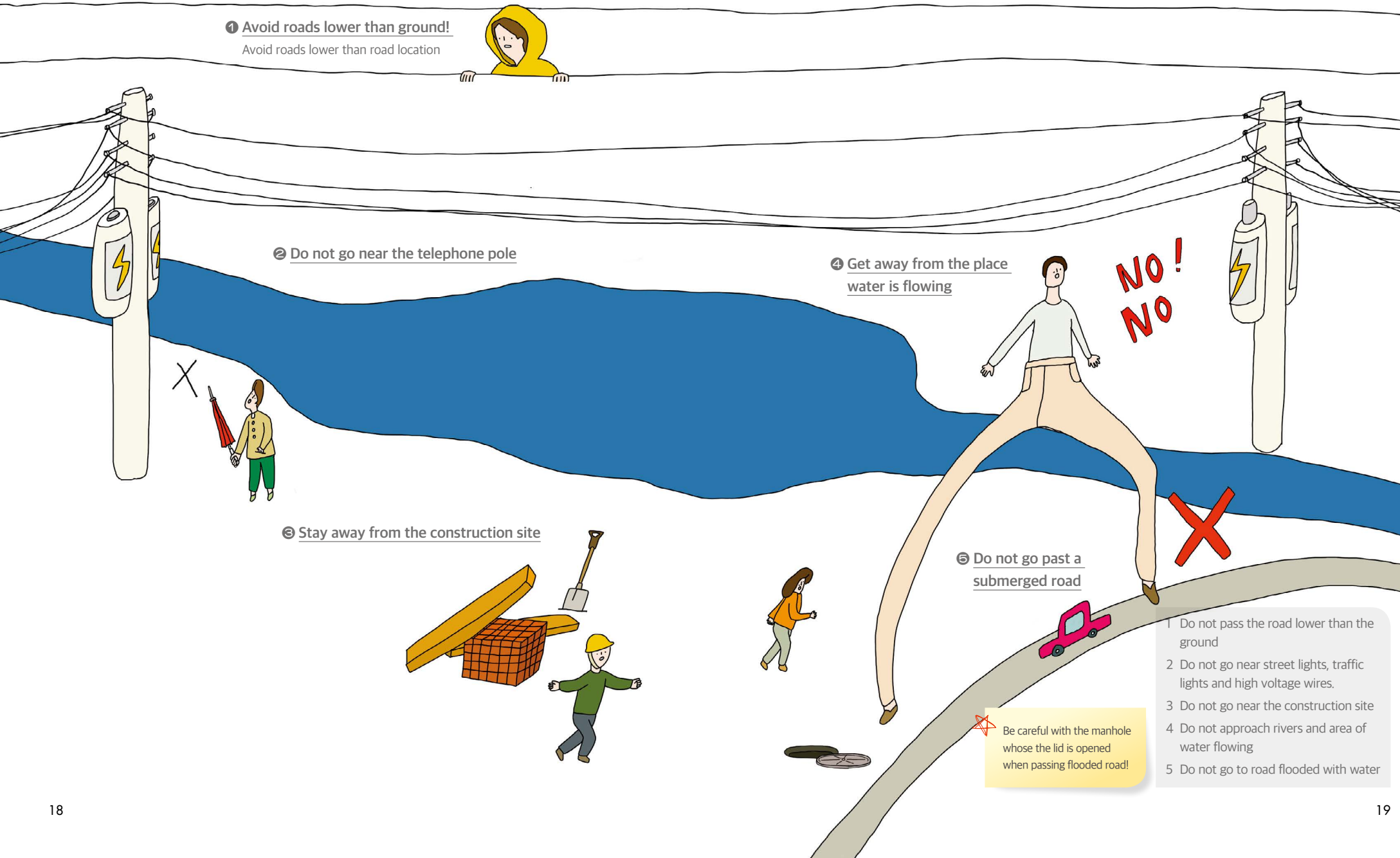
DO



1 Residents residing in the low and frequent flooded area should be evacuated to high areas
2 Identify weather conditions via radio, TV and mobile phone
3 During evacuation, lock water and gas valves and unplug electric breakers
4 Evacuate from underground and semi-underground house
5 Move objects that are likely to flood to a safe location
6 Drive car on the road while reducing the speed. No preoccupation!
7 After returning home, check the possibility of collapse before entering.
8 Be sure to check whether tap water or storage water is contaminated before using it.

Flood / inundation

DO NOT



1 Do not pass the road lower than the ground
2 Do not go near street lights, traffic lights and high voltage wires.
3 Do not go near the construction site
4 Do not approach rivers and area of water flowing
5 Do not go to road flooded with water

Heavy snow

DO

❶ Listen carefully to weather information!

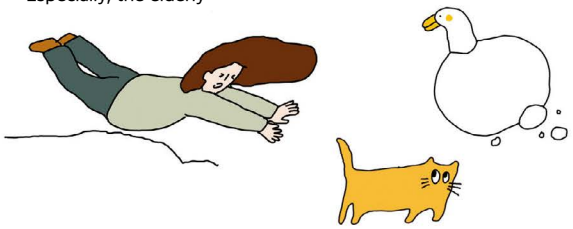
❷ Use public transportation

❸ Tell your family your destination



❹ Be careful not to fall over!

Especially, the elderly



❺ Take the big road!



1 Identify weather conditions via radio, TV and mobile phone
2 Use public transportation whenever possible.
3 Do not go alone and tell your family your destination
4 Be careful not to fall over
5 Take a large road rather than a narrow road
6 Prepare winter supplies such as snow chain, calcium chloride, etc.
7 Remove snow from roads, roofs, etc. near your home
8 Keep the vehicle at low-speed running and the inter-vehicle safety clearance when driving it
9 Take care of your family, your neighbors
10 Prepare food and fuel for isolation

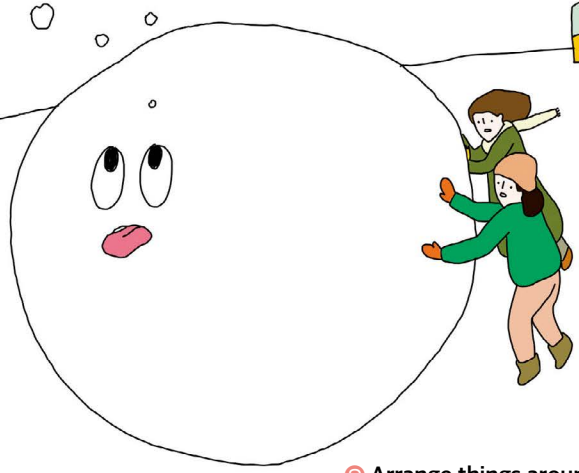
❻ Prepare winter supplies



Since air pressure is low in the winter, maintain 10% high air pressure!

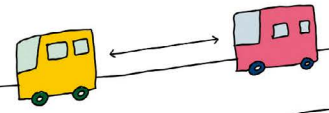
Make sure to replace worn tire!

❼ Remove snow



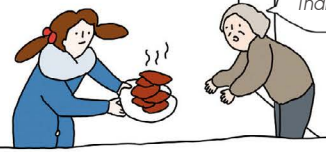
If there are a lot of snows, you can put your gear on stage 2 and you will have a slippery prevention effect without spinning wheels.

❽ Maintain safety distance



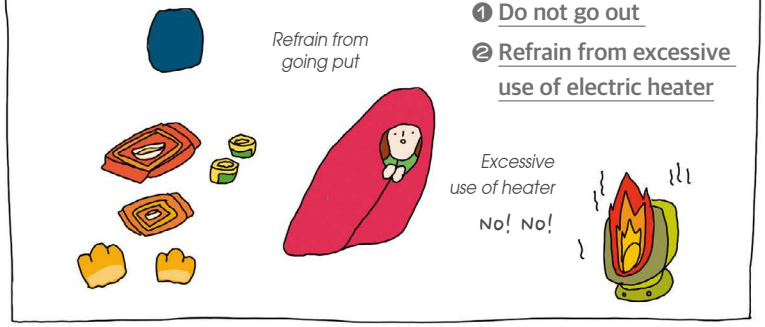


❾ Arrange things around.



❿ Food and fuel preparation

DO NOT



❶ Do not go out

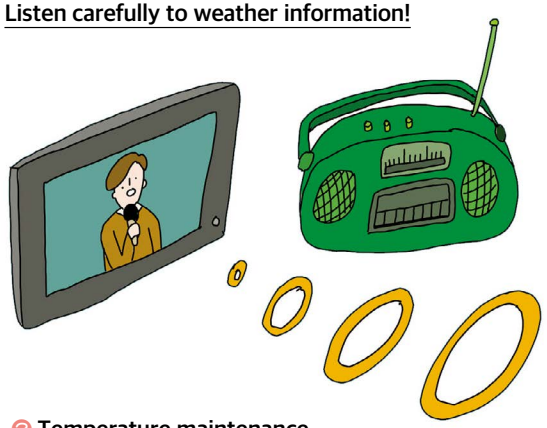
❷ Refrain from excessive use of electric heater

1 Avoid going out as much as possible
2 Refrain from excessive use of electric heater
(Increased possibility of fire and power outage due to overload)

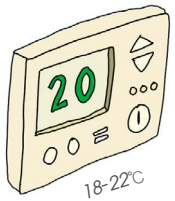
Cold wave

DO

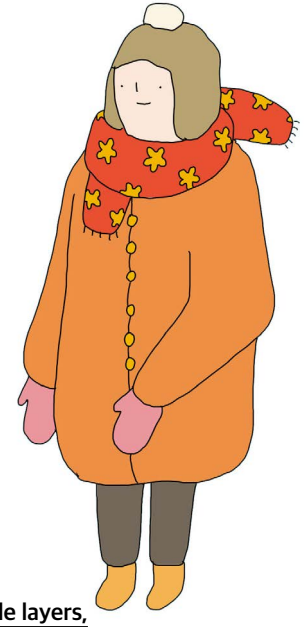
❶ Listen carefully to weather information!



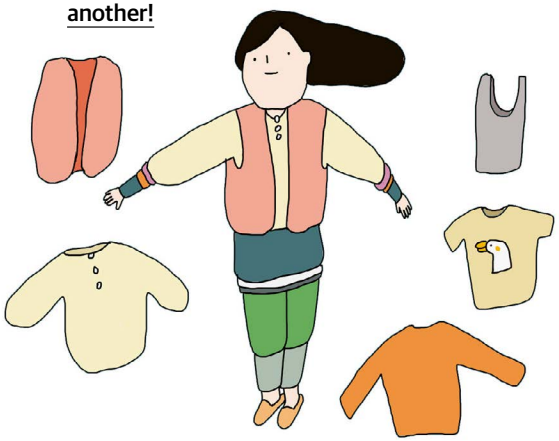
❷ Temperature maintenance



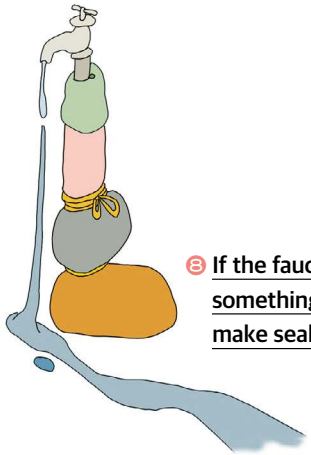
❸ ❹ Keeping body temperature



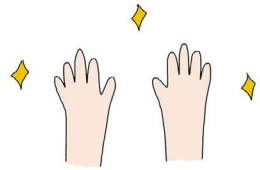
❺ Wear multiple layers, wear one cloths over another!



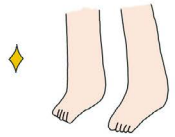
❻ Let the faucet drop water a bit ...



❼ The colder the weather, the more thorough the hygiene



❽ If the faucet is outside, fill something around it in and make sealing!

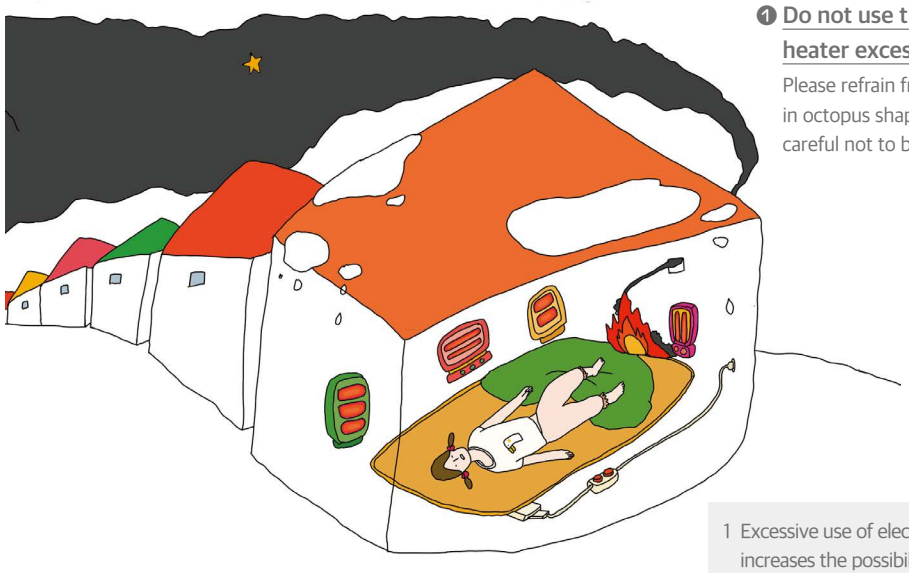


1 Identify weather conditions via radio, TV and mobile phone
2 Maintain proper temperature in the room
3 Keep body temperature to prevent frostbite (when going out)
4 Maintain body temperature through hats, shawls, gloves, etc. (especially for the head)
5 It is effective to wear multiple layers of thin clothes
6 Let the faucet drop water a bit when going out for a long time
7 Washing hands and feet after coming home
8 Fill the inside of the water meter with clothes and seal the outside
9 Take care of the lonely family and neighbors
10 Take breaks so fatigue does not accumulate

DO NOT

❶ Do not use the electric heater excessively!

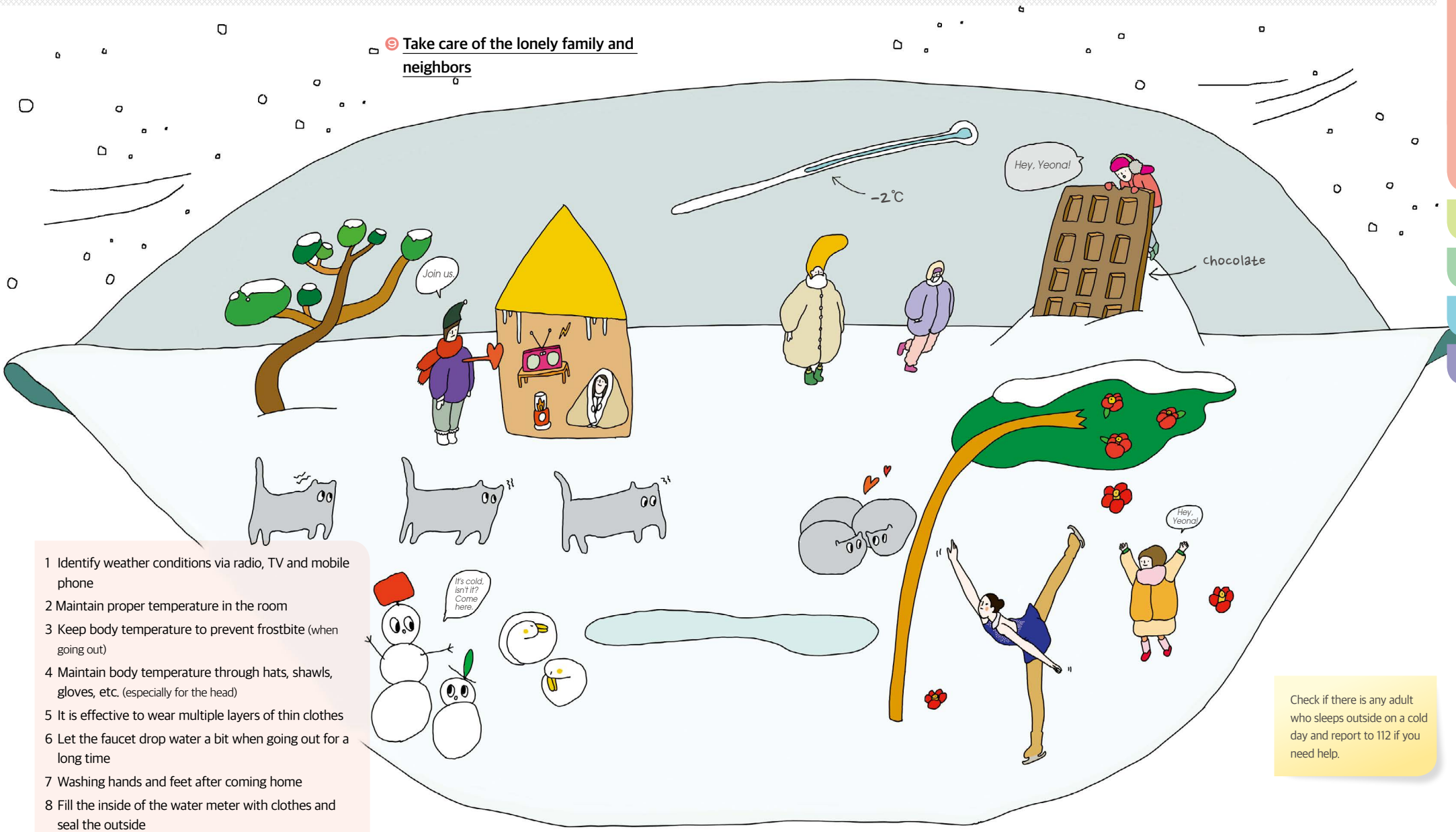
Please refrain from using outlet in octopus shape, always be careful not to be overheated!



1 Excessive use of electric heaters increases the possibility of fire and power outage due to overload

Cold wave

DO



1 Identify weather conditions via radio, TV and mobile phone
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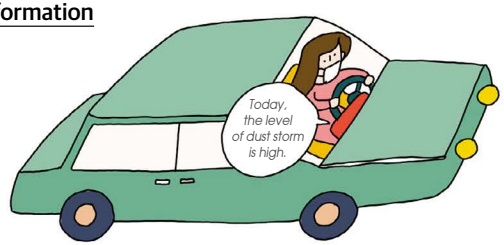
5 It is effective to wear multiple layers of thin clothes
6 Let the faucet drop water a bit when going out for a long time
7 Washing hands and feet after coming home
8 Fill the inside of the water meter with clothes and seal the outside
9 Take care of the lonely family and neighbors

Check if there is any adult who sleeps outside on a cold day and report to 112 if you need help.

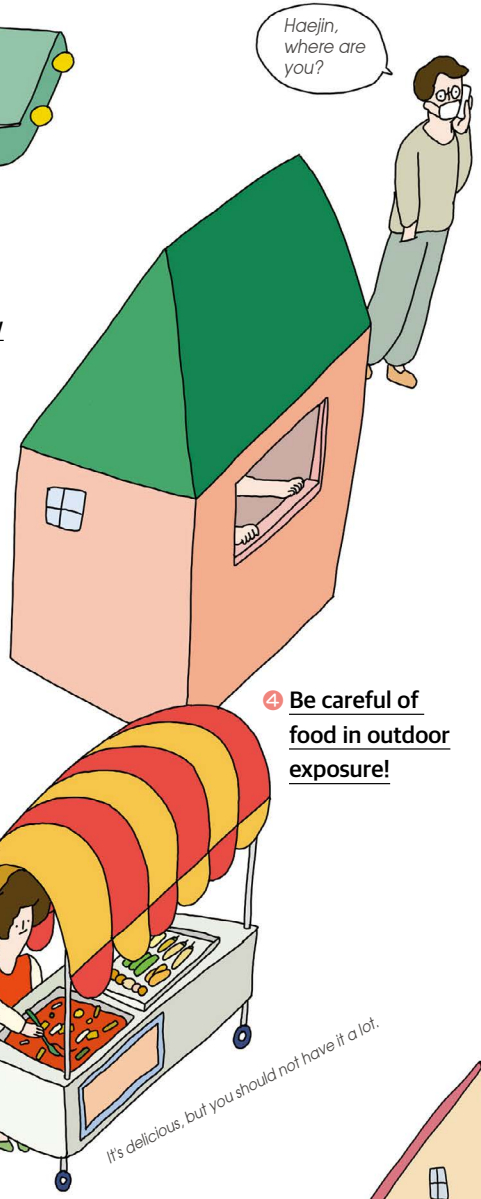
Dust storm

DO

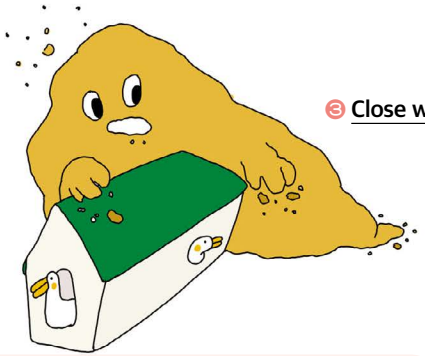
❶ Also check 'Dust storm' like weather information



❷ Wear a mask when going out



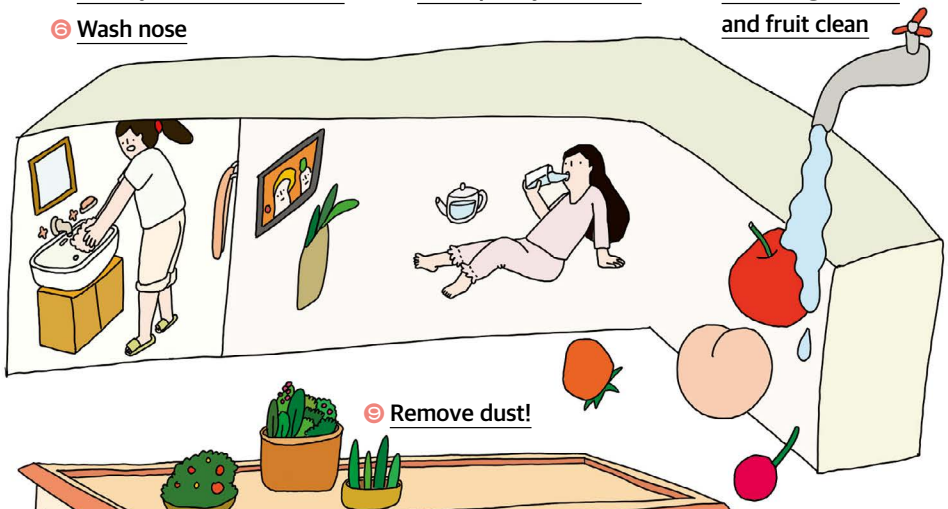
❸ Close window



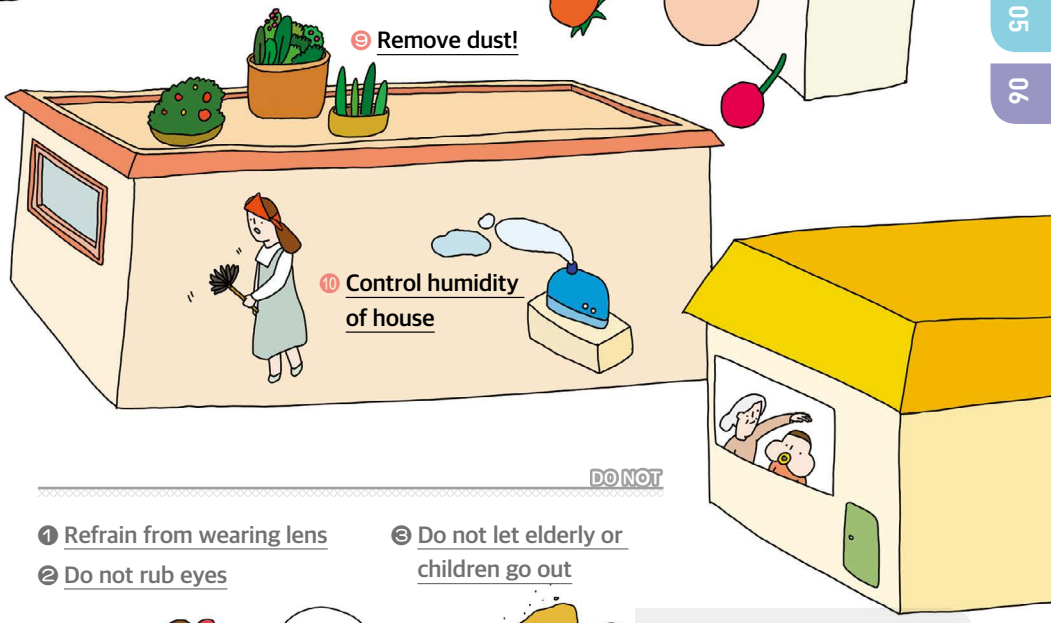
❹ Be careful of food in outdoor exposure!

1 Check weather Information via TV, Internet, Radio, and Mobile Phone
2 Wear protective goggles, masks and long sleeves when going out.
3 Close the window so that the dust storm does not enter the room
4 Be careful of street food and groundwater intake
5 Wash hands and feet clean after returning home
6 Wash the nose with saline (if possible)
7 Drink plenty of water (the lack of water will make the respiratory mucosa dry and make it easier for harmful substances to penetrate)
8 Wash vegetables and fruits in running water
9 Remove dust inside and outside when dust has passed
10 Adjust the humidity of your home with a humidifier

❺ Clean your hands and feet
❻ Wash nose
❼ Drink plenty of water!
❽ Wash vegetables and fruit clean

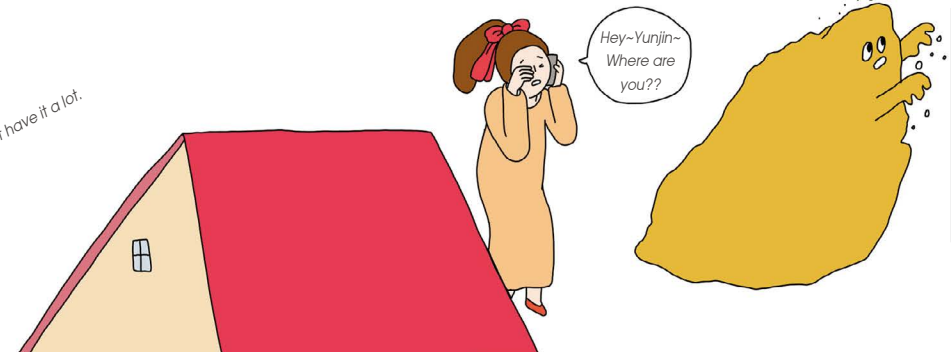


❾ Remove dust!
❿ Control humidity of house



DO NOT

❶ Refrain from wearing lens
❷ Do not rub eyes
❸ Do not let elderly or children go out

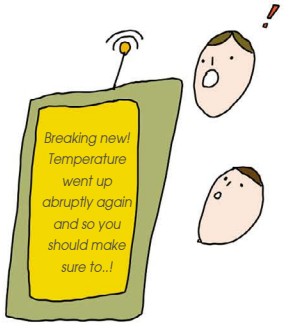


1 Refrain from wearing contact lenses (there is a high possibility of foreign objects sticking to the lens)
2 Do not rub your eyes with your hands after going out
3 Elderly people and children should refrain from going out

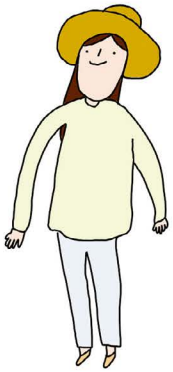
Heat wave

DO

❶ Confirm weather information



❷ Light attire



❸ Care for children,

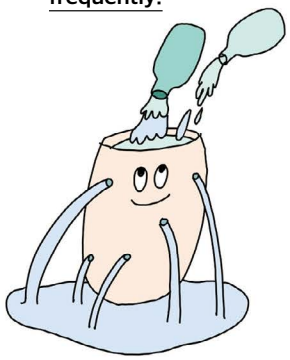
the elderly, etc.



❹ Take light naps



❺ Drink water frequently!



❻ ❼ Prepare for water cutoff and Power Failure!



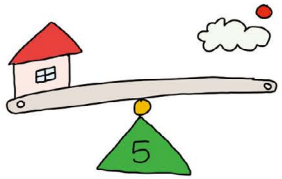
1 Identify weather conditions via radio, TV and mobile phone
2 Take light attire when going out (light color, thin long sleeves, long pants / minimize exposure to sunlight)
3 Take care of your family and neighbors (children, elderly, patients, etc.)
4 Take light nap
5 Drink water frequently (because more water is discharged than usual due to perspiration)
6 Prepare drinking water and living water in preparation for water cutoff
7 Prepare for power outage (Check flashlight, portable radio, etc.)
8 Take short but frequent breaks
9 Keep indoor/outdoor temperature difference around 5 ℃ (26 ℃ -28 ℃ is suitable)

❽ Take short but frequent breaks

The warmer it is, the more relax you need.



❾ Maintain indoor and outdoor temperature difference

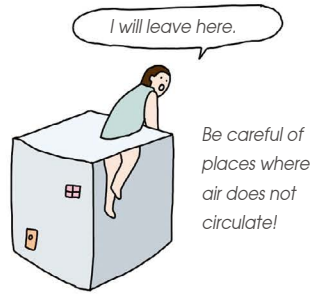


DO NOT

❶ Never leave a child alone in a car



❷ Get away!



Be careful of places where air does not circulate!

❸ Refrain from outdoor activity



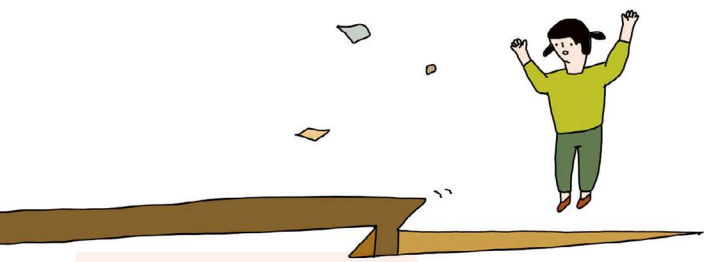
❹ Refrain from coffee and drinking



1 Do not leave the elderly or children alone in a car
2 Avoid closed workshops
3 Refrain from outdoor activity
4 Refrain from coffee and drinking (take away and reduce the moisture in the body)

DO

❶ Act after the shake stops,!



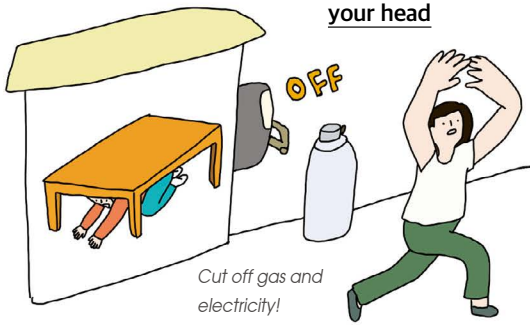
❷ Act according to the correct announcement information



Press button of elevator for all floors and get off to the floor where door is opened and evacuate using stairs

❸ First protect your body! Evacuate after checking exit!

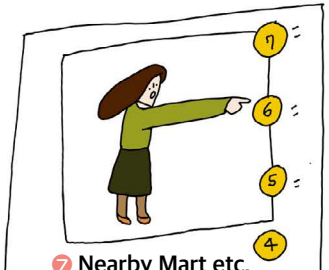
❹ Evacuate to a large area while protecting your head



Cut off gas and electricity!

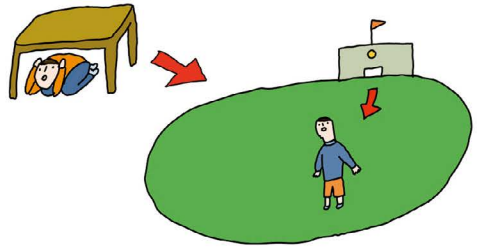
❺ Elevator

Press button of elevator for all floors and get off to the floor where door is opened and evacuate using stairs



❻ School

Escape to the space below school desk and go to a place where there is no risk of falling down after shake stops



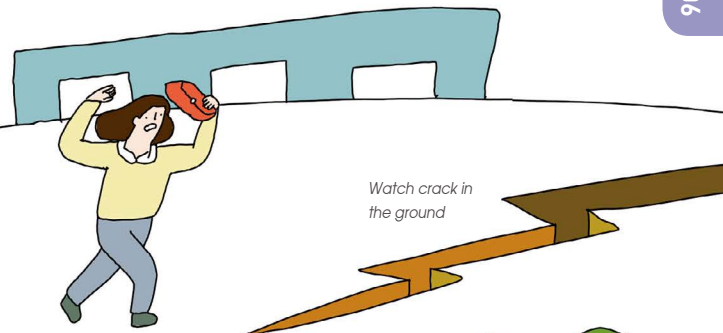
A place where the risk of rock falling.

❼ Nearby Mart etc.

Avoid falling objects from shelf of shopping malls, etc., first, and move out when the shaking stops

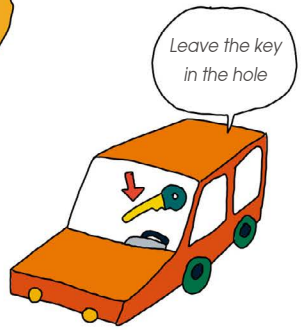
❽ Trains

First, take a safe pillar and follow the instructions



❾ During driving

Pull over to the one side of the road and evacuate after stopping vehicle



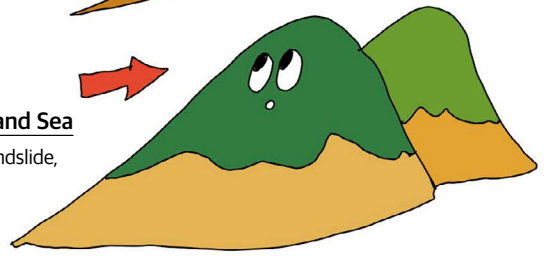
Leave the key in the hole

❶ ❷ Do not use vehicle in case of evacuation

Watch crack in the ground

❿ Mountain and Sea

Watch out landslide, cliff-collapse



1 Act after the shake stops
2 Act on the right information, such as radio or announcement
3 **house** Go under the house table to protect the body, then block the gas, and secure the exit to evacuate out
4 **Out of house** Protect your head with your bag or hand and go to a spacious place
5 **Elevator** Press button of elevator for all floors and get off to the floor where door is opened and evacuate using stairs
6 **School** Stay under the desk of the school and evacuate to the playground
7 **Nearby Mart etc.** Avoid falling objects from shelf of marts, go near stairs or pillars, then evacuate when the shaking stops
8 **Trains** Hold the train handle or column and follow the instructions when the train stops.
9 **During driving** Pull over to the right side of the road and evacuate after leaving the key intact
10 **Mountain and Sea** Watch out mountains, sea landslides, collapse in cliffs and tsunami

DO NOT

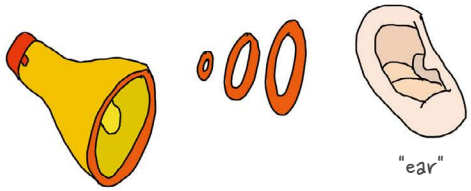
1 Do not drive past buildings or under high voltage wires
2 Do not use the car in case of evacuation (obstruction of emergency vehicle traffic)

DO

❶ Evacuate to high area



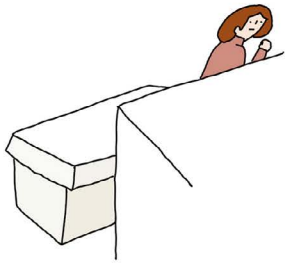
❷ Listen carefully to tsunami warning!



1 Inhabitants living in coastal lowlands should evacuate to high areas
2 Listen carefully to tsunami warning through radio, TV, and cell phone
3 Evacuate from underground or semi-underground house
4 Evacuate after cutting off water and gas valves and unplugging electric breakers
5 Moving important objects that are likely to float to a safe place
6 Check if neighbors next door evacuated
7 Prepare water, food, flashlight and radio in preparation for power outage
8 Evacuate far away from the beach (if the ground is shaken or suddenly the water drops out and the floor is exposed)
9 Evacuate until tsunami alert is lifted and proved safe (tidal waves of about 30 cm are difficult for adults to walk)
10 If you have not escaped, move to a brick or reinforced concrete building

❸ Evacuation

In the case of underground or semi-underground house



❹ Lock the water and gas valve, lower the electric breaker



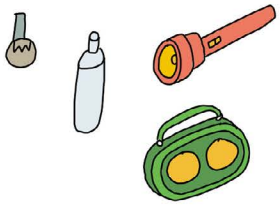
❺ Move to a safe place!



❻ Check if the neighbors next door has evacuated



❼ Prepare for water cuf-off and power outage!



❽ Stay away from the beach!



❾ First evacuate to a safe place



❿ If you has not evacuated,

Move to brick or reinforced concrete building



DO NOT

1 Do not go near the construction site
2 Do not go outside
3 Even if the first tsunami has passed, the second or third tsunami could invade, so do not come to lower place

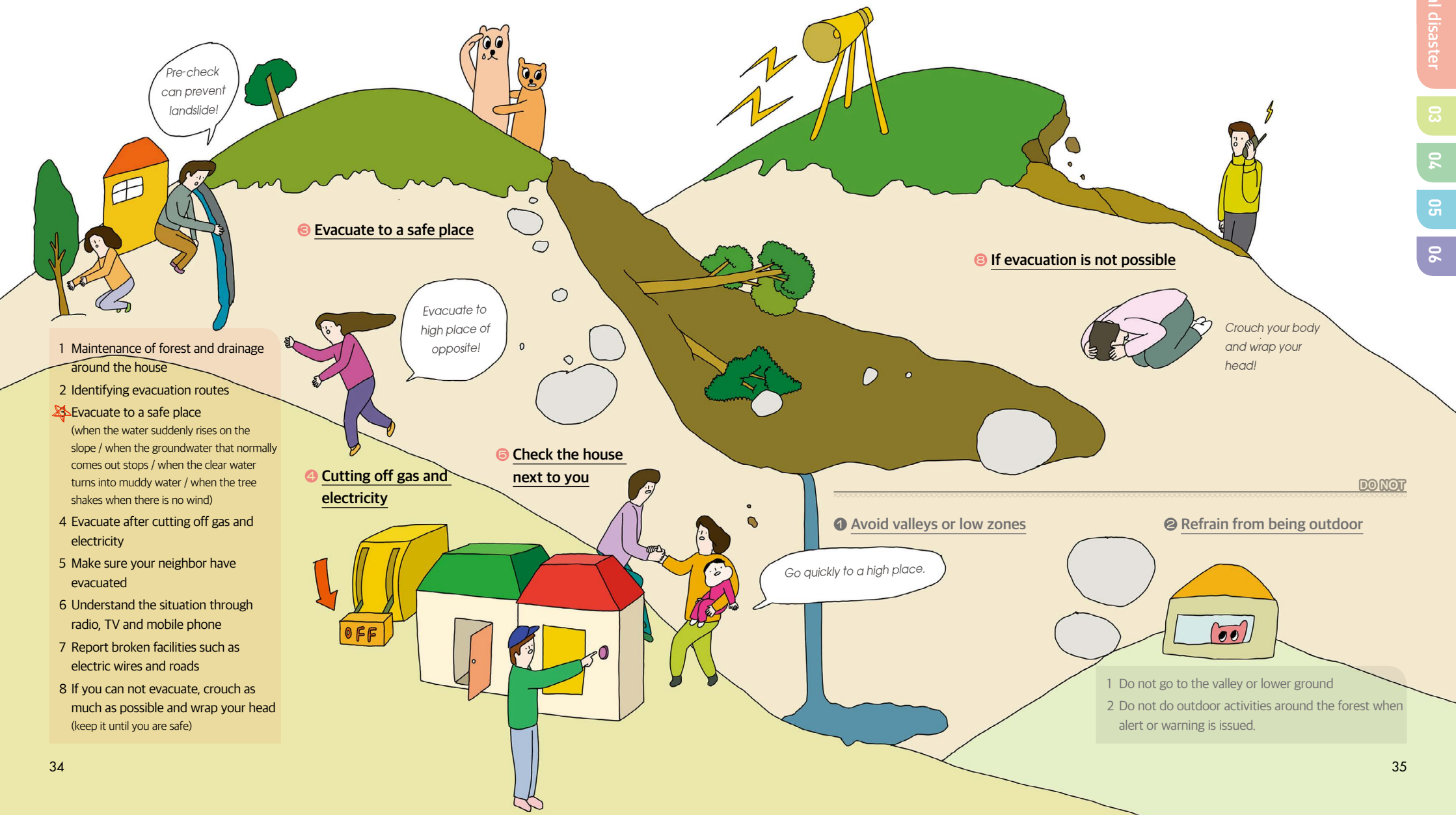
DO

❶ Arrange things around the house!

❷ Identify evacuation routes

❻ Identify situation

❼ Report broken facilities



1 Maintenance of forest and drainage around the house
2 Identifying evacuation routes
3 Evacuate to a safe place
(when the water suddenly rises on the slope / when the groundwater that normally comes out stops / when the clear water turns into muddy water / when the tree shakes when there is no wind)
4 Evacuate after cutting off gas and electricity
5 Make sure your neighbor have evacuated
6 Understand the situation through radio, TV and mobile phone
7 Report broken facilities such as electric wires and roads
8 If you can not evacuate, crouch as much as possible and wrap your head (keep it until you are safe)

DO NOT

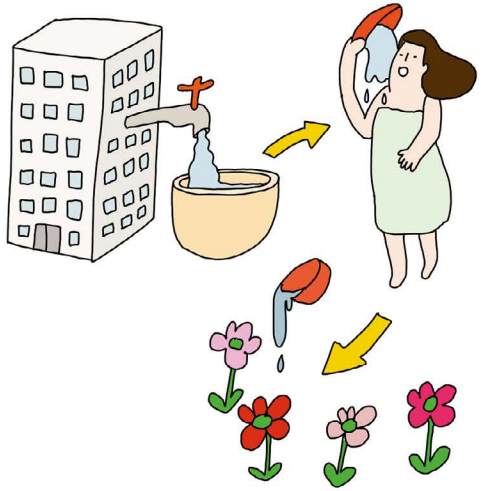
❶ Avoid valleys or low zones

❷ Refrain from being outdoor

1 Do not go to the valley or lower ground
2 Do not do outdoor activities around the forest when alert or warning is issued.

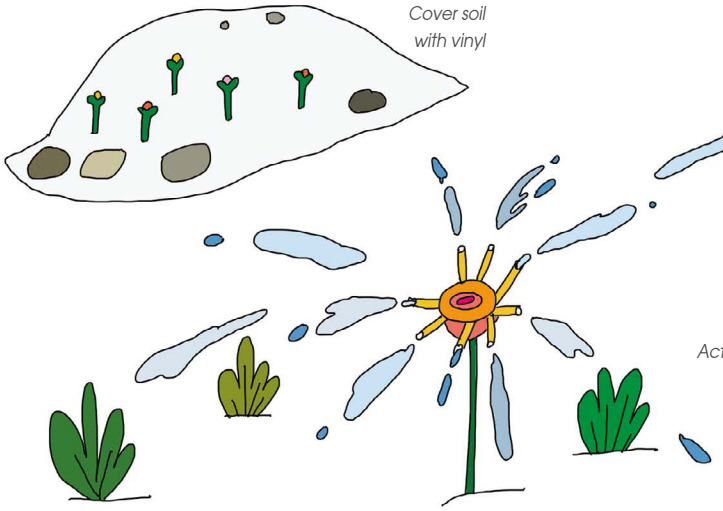
❶ Urban area

Make effort to reuse water in urban area



❷ Rural area

Minimize water evaporation in soil by covering soil with vinyl, etc. in rural areas



❸ Save water in daily life

Make efforts to reduce the use of water in daily life



1 Urban area
- Use the water in the container when washing dishes, washing face and showering · Collect laundry at once
- Efforts to reuse water once used in garden and flower garden
- Prevent water leakage through maintenance of piping

2 Rural areas
- Minimizing water evaporation in soil by covering crops with rice straw and vinyl
- Identify where water is easily depleted or where water is scarce
- Inspect watering facilities (waterway) or watering equipment(water pump) etc.
- Use of portable sprinkler to prevent crops from wilting

3 Cut down on water in daily life
- Wash dish after cleaning it with toilet paper
- Put PET bottle or brick in toilet bowl for efficient use
- Do shower as short as possible

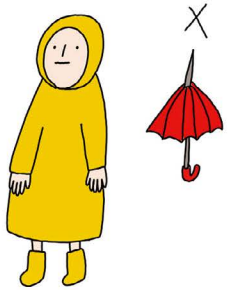
LIGHTNING

DO

❶ Confirm weather information



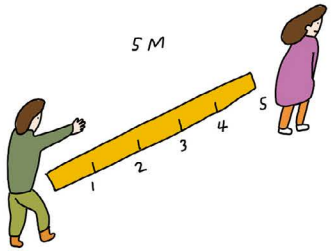
❷ When lightning, use raincoat rather than umbrella!



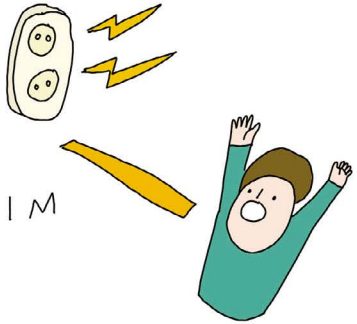
❸ Evacuate to a safe place



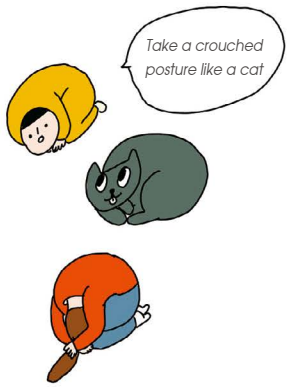
❹ Move away from each other



❺ Keep distance of more than 1m

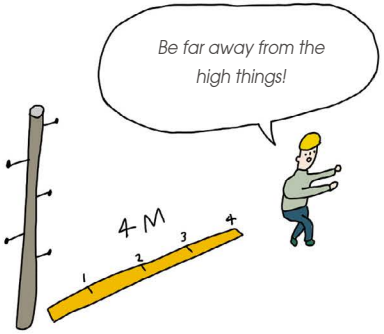


❻ Stay in a crouched position



1 Confirm weather information on lightning
2 Prepare a raincoat rather than an umbrella
3 Evacuate to a safe place in a building, in a car, or in a cave
4 Moves away from each other by more than 5m when evacuate. (Lightning can cause a series of danger to nearby people.)
5 Keep the distance of 1m or more away from home appliances after unplugging it
6 Keep a crouched posture
7 If there is no safe place, evacuate to a place more than 4 meters away from high objects(street lights, telephone pole, etc.)
8 If you are in a car, don't move the car.
9 Escape from open spaces such as mountains and beaches

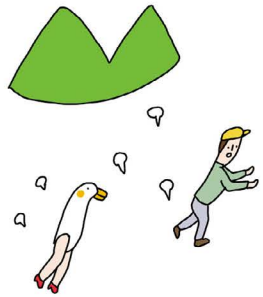
❼ Evacuate from high objects like street lights and telephone pole



❽ If it is in the car, don't move the car for a while.



❾ Escape from open space



DO NOT

❶ Do not lean against windows or walls
❷ Do not touch it unintentionally



❸ Refrain from going outside



❹ Things to refrain from in the house

Shower, washing dishes, laundry etc.

1 Do not lean on windows, walls, etc.
2 Do not touch metal objects
3 Avoid going out whenever possible
4 Do not shower, wash dishes, do laundry (electric current may flow through piping etc.)

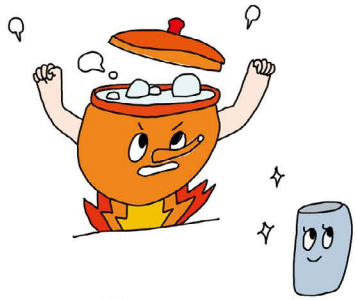
Infectious disease

DO

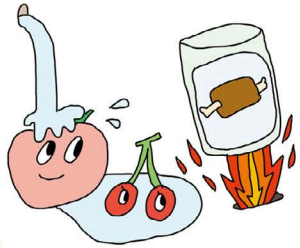
① Be clean



② Boil water



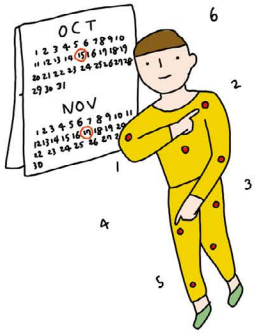
③ Wash in the flowing water, boil



④ Wear a mask



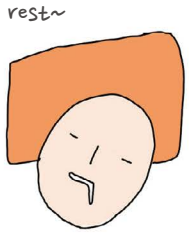
⑤ Periodic body condition check



⑥ Light exercise



⑦ Enough sleep



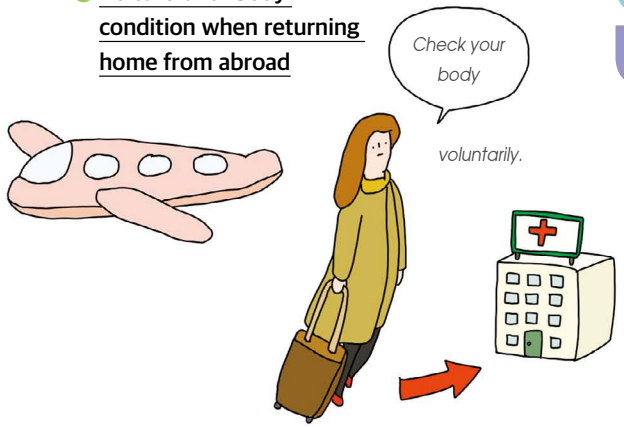
⑧ Sufficient water and foods



⑨ Wear long sleeve shirts when doing outdoor activities



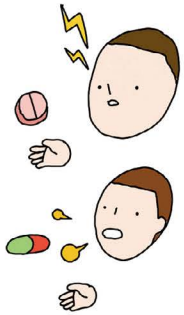
⑩ Be careful of body condition when returning home from abroad



⑪ Prepare water and food

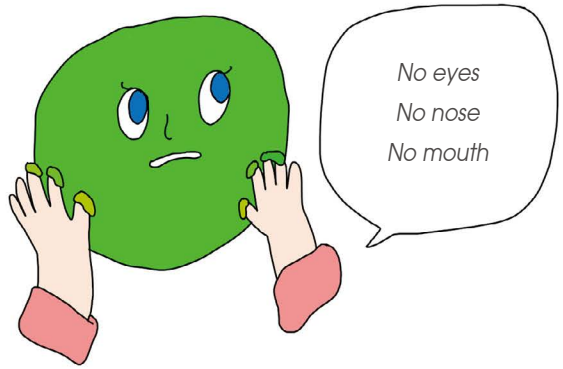


⑫ Prepare emergency medicine



1 Wash your hands frequently and brush your teeth
2 Be sure to boil water
3 Wash the food material in flowing water and thoroughly cook them.
4 Wear a mask
5 Periodically check your body condition
6 Light exercise
7 Take enough sleep
8 Intake sufficient water and food
9 Wear long sleeve shirts in outdoor activities
10 Be careful of body condition when returning home from abroad
11 Prepare water and food of 2 weeks in preparation for a nationwide spread
12 Emergency medicine such as analgesic and cough medicine

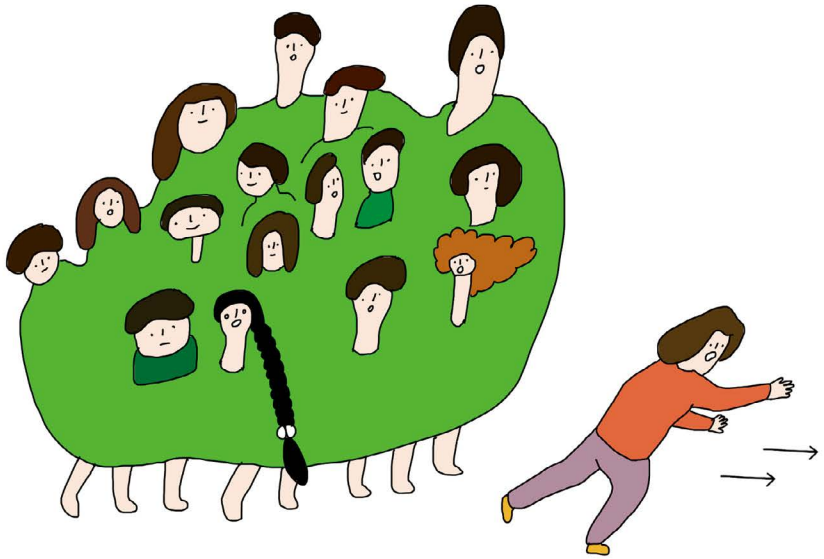
❶ Do not touch



❷ Do not contact patients



❸ Avoid crowded places



❹ Don't do cooking

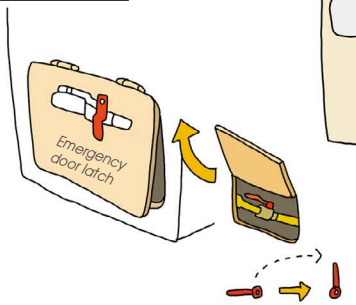


1 Do not touch your eyes, nose or mouth with your hands
2 Do not touch a sick person
3 Avoid crowded places
4 The person with diarrhea symptoms or injuries on the hands should avoid cooking.

Railway and subway accidents

DO

❶ Turn off the fire using extinguisher in the carriage



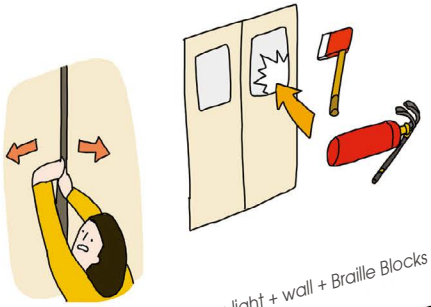
❷ Press emergency button and contact crew



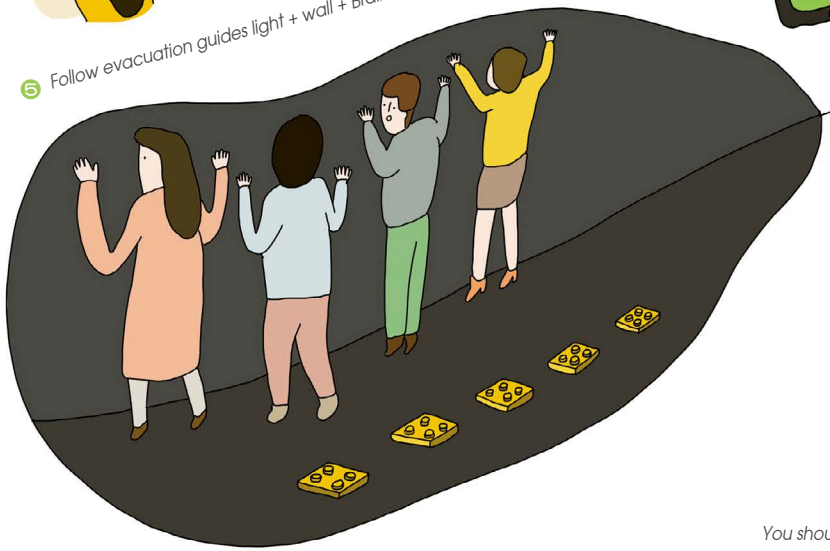
Furnish 2 units every coach.

❸ How to open the subway door

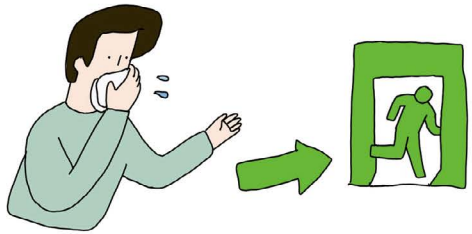
❹ Escape from emergency situation after breaking glass



❺ Follow evacuation guides light + wall + Braille Blocks



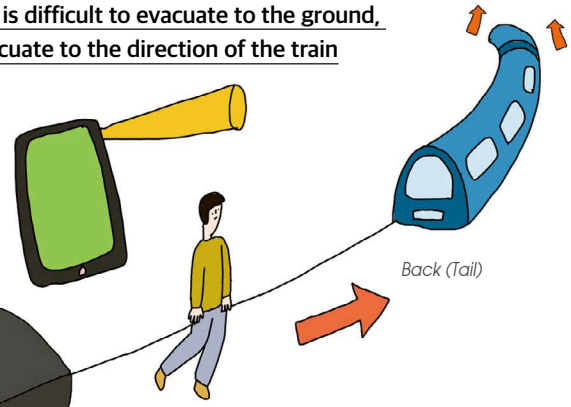
❻ Cover nose and mouth and evacuate to exit



❼ Activate the cellular phone flash function during power outage

❽ If it is difficult to evacuate to the ground, evacuate to the direction of the train

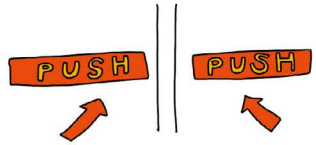
Front (Head)



Back (Tail)

❾ If the screen door won't open,

Push it to open by hand and exit



1 Turn off the fire by using a fire extinguisher furnished on the carriage

2 Press emergency button next to elderly or disabled person and contact the crew

3 How to open the subway door
- Open a small lid on the side of the door or under the seat
- Pull the emergency coke or turn the red emergency handle clockwise by 90 °
- Wait 3-10 seconds for the sound of air leaking to stop. Open the door toward both ends

4 If the door won't open, break the glass window with a hammer or fire extinguisher.

5 If you can not see a guide light during a power outage, you should follow the braille block for visually impaired people

6 Cover your nose and mouth with tissues, towels, clothing sleeves, etc. and escape to exit

7 Turn on cell phone flash function calmly during power outage

8 If evacuation to the ground is difficult, evacuate to the direction of the train

9 If the screen door won't open, slide the red bar and exit

DO NOT

But

❶ The opposite track is dangerous!



You should not go across!

1 Be especially careful not to go to the opposite track!

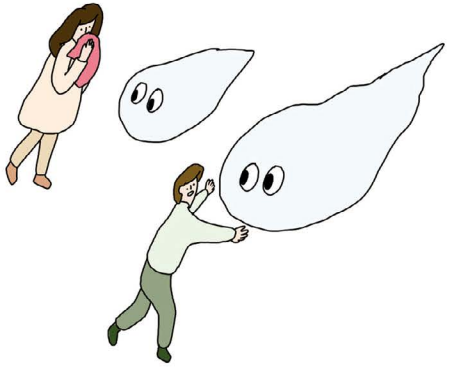
Chemical accident

DO

① ② Identify situation via cell phone

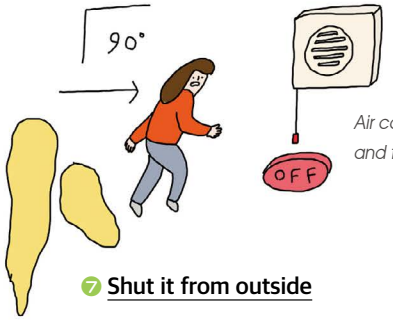


③ ④ Evacuate to the windy side

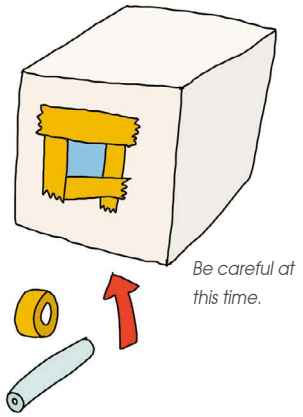


⑤ Evacuate to direction in right angles with the wind direction

⑥ Shutdown!



⑦ Shut it from outside



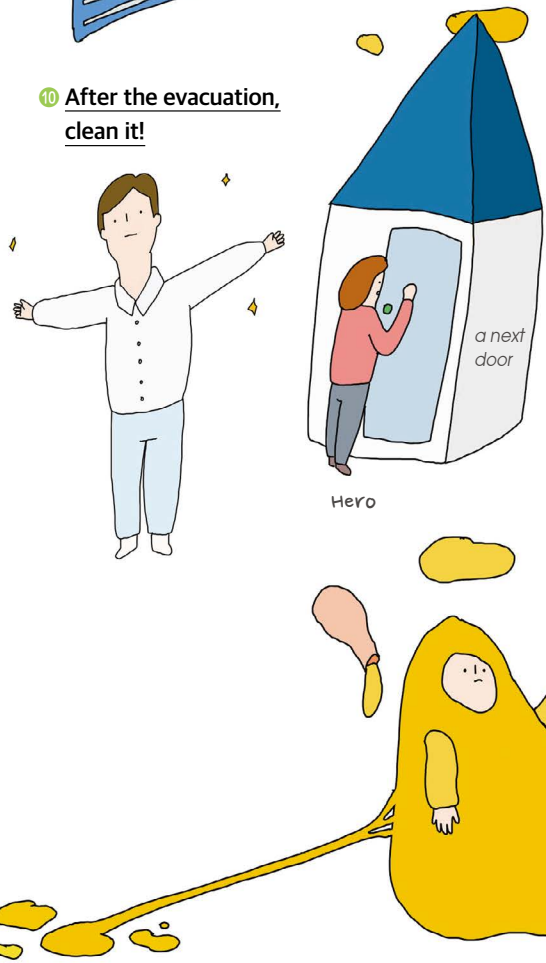
⑧ If you are in a car



⑨ Immediately go to the hospital if exposed

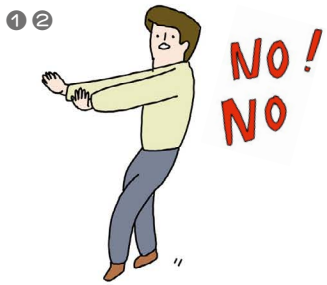


⑩ After the evacuation, clean it!



1 Understand the situation through TV, radio, mobile phone, etc.
2 Prevent the skin from being exposed using the raincoat or vinyl
3 Cover your nose with a towel, mask, etc., and go as far as possible
4 Evacuate first to the windy side
5 However, if the gas flows from the direction of evacuation, evacuate to direction at right angles with the wind direction
6 After the indoor evacuation, shut down the air conditioner and the ventilator, etc.
7 After evacuating to the room, close the window and block it from the outside, Clog window opening, door opening, pipe opening using wrap or tape.
8 Be sure to turn off the air conditioner when you are in a car
9 Immediately go to the hospital if exposed
10 Evacuate to safe place and clean it and change clothes
11 Check evacuation of neighborhood next door
12 Clothes and shoes exposed to chemicals must be sealed and disposed of.

DO NOT



1 Do not go near suspicious liquids, solids, or vapors.
2 Do not go near people exposed to chemicals.

DO

❶ **Plan your escape route**

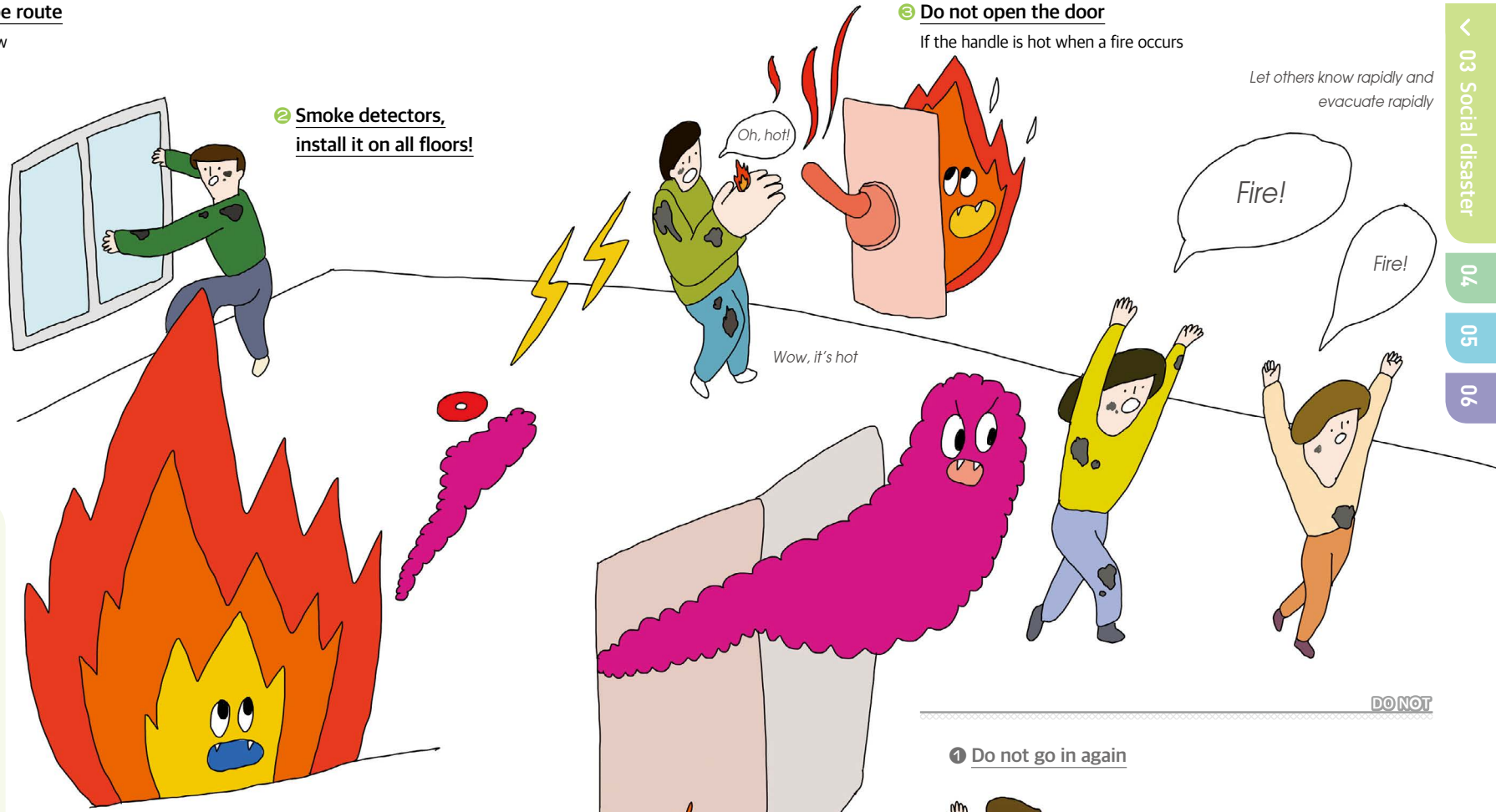
Entrance or window

❷ **Smoke detectors, install it on all floors!**

❸ **Do not open the door**

If the handle is hot when a fire occurs

Let others know rapidly and evacuate rapidly



1 Plan of how to escape to an exit or through window depending on the location (take the second best plan into account)

2 Install smoke detectors on all floors

3 In case of fire

- Shout 'Fire' and inform others aloud
- Evacuate quickly
- Lower your body and cover your nose/mouth with towel and evacuate
- When you pass through the fire, cover the body with wet blanket or towel
- Evacuate following the instruction of guide
- Put your hand on the door before you open the door or hold the handle. If it is hot, do not open it
- If you are trapped in the room
- Seal the door with your clothes
- Close all the doors you opened when escaping
- If your clothes are lit, cover your eyes and mouth, quickly roll on the floor and kill the flame.

DO NOT

❶ **Do not go in again**



1 Do not go back in again after coming otut

Forest fires

DO

❶ Report!

❷ Evacuate to the opposite direction of the wind

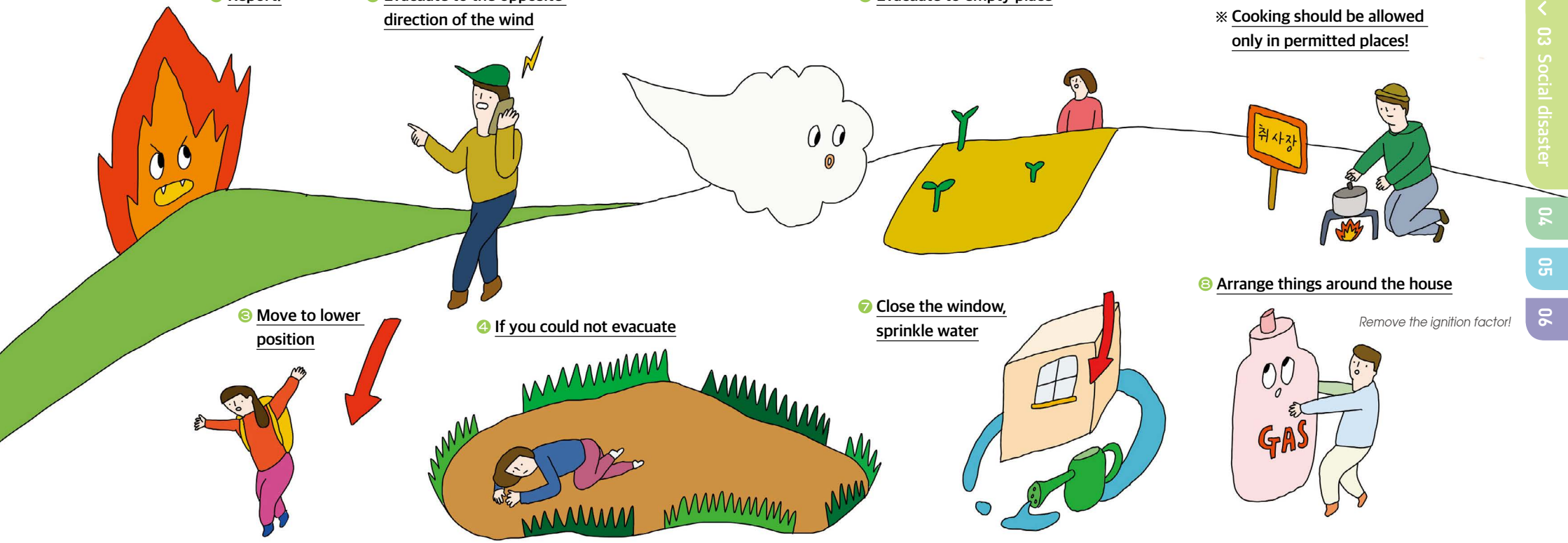
❸ Move to lower position

❹ If you could not evacuate

❺ Evacuate to an area already burned

❻ Evacuate to empty place

※ Cooking should be allowed only in permitted places!



❼ Close the window, sprinkle water

❽ Arrange things around the house

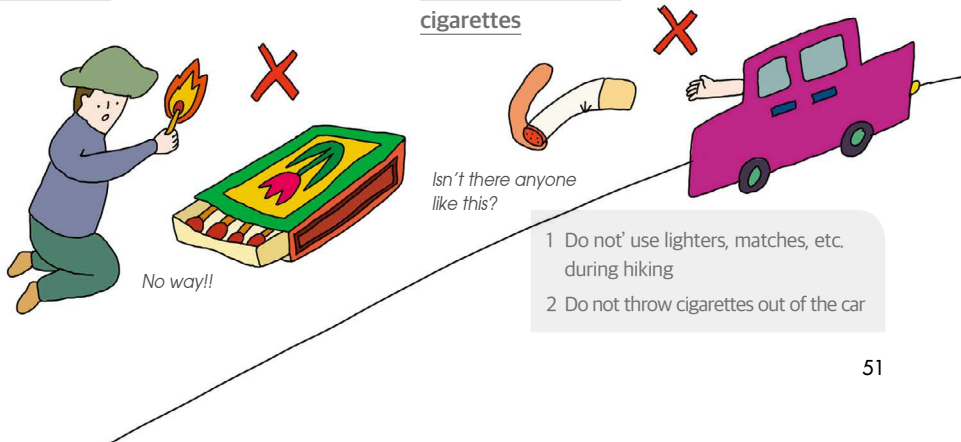
Remove the ignition factor!

1 Report to 119 when a forest fire is found
2 Evacuate to the opposite direction of wind
3 Avoid locations lower than forest fire
4 If you have not been able to evacuate, lie face down in a place with few leaves and cover your face
5 Evacuate to burned areas, lowlands, roads, rocky areas, etc.
6 Evacuate to empty fields such as rice fields, field, schools, etc.
7 Close the window and sprinkle around the house
8 Remove ignition factors such as gas barrel around the house
※ Cooking should be allowed only in permitted places

DO NOT

❶ During hiking

❷ Do not throw away cigarettes



No way!!

Isn't there anyone like this?

1 Do not' use lighters, matches, etc. during hiking
2 Do not throw cigarettes out of the car

Building collapse

DO

❶ Do not be in panic and search for evacuation

❷ Prepare for falling objects! Head protection!

❸ Escape from the building

❹ Use a flashlight instead of a match

❺ If you are under wreckage,

request rescue by tapping floor regularly

Tap it regularly

1 Do not be in panic when the building collapses.
2 Protect your head with a cushion in case of falling
3 Escape from the building using a rescue line or rope, etc.
4 If there is a risk of explosion due to a gas leak, use a flashlight instead of a match (if inevitably light is needed)
5 If you are under wreckage
- Stay in a comfortable posture without consuming unnecessary physical strength
- Ask for rescue by tapping the pipe regularly
- Turn on the mobile phone at regular intervals even in no communication areas
- Move your fingers and toes occasionally to circulate blood

DO NOT

❶ Do not touch the obstacle!

No show your curiosity in this situation.

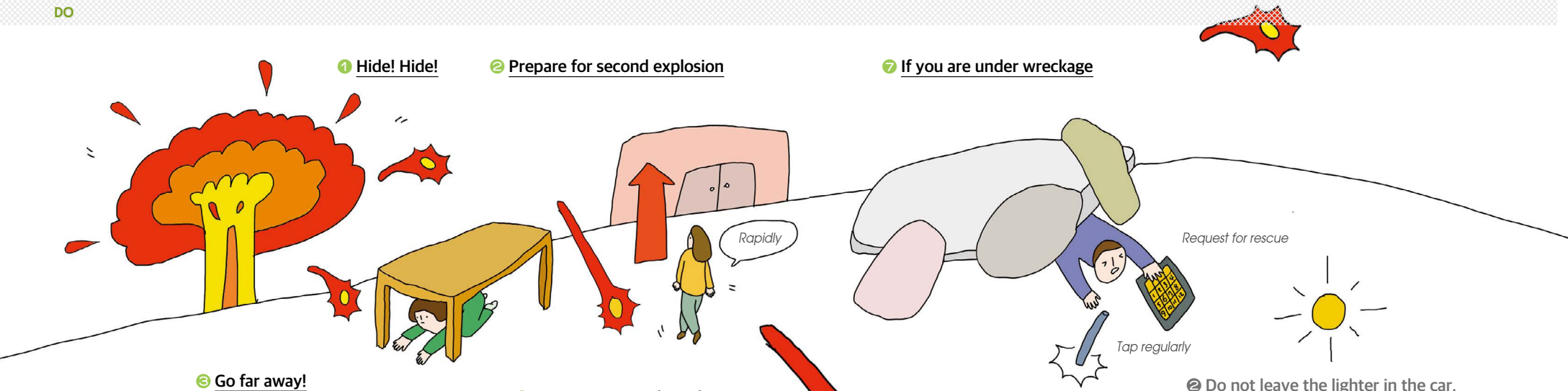
❷ Do not approach collapsed site!

❸ Do not scream!

1 Do not touch the obstacles during movement if possible
2 Do not approach the collapse site
3 Do not waste physical strength by unnecessary shouting

Explosion

DO



❶ Hide! Hide!

❷ Prepare for second explosion

❼ If you are under wreckage

❸ Go far away!

1 If there is an explosion, go under the table or desk

2 Evacuate quickly from the building in preparation for a second explosion.

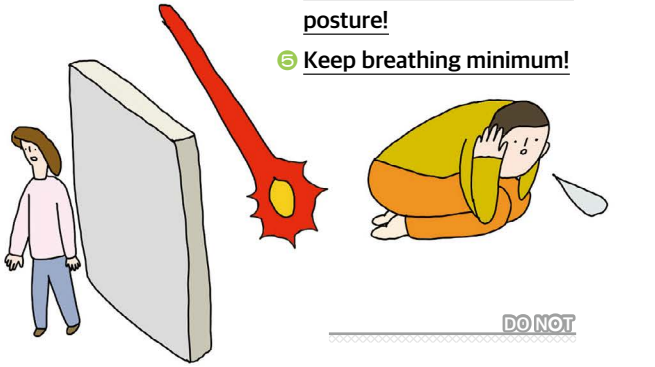
3 Move from the scene of the accident to a place with a wall far away

4 Evacuate with your ear covered and keep low posture

5 Evacuate with minimal breathing enough to prevent suffocation

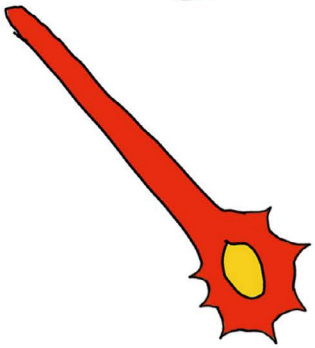
6 Do not use firearms in dusty confined spaces.

7 In case of being under wreckage
- Maintain comfortable posture without consuming unnecessary physical strength
- Request for rescue by tapping the pipe regularly
- Turn on the mobile phone at regular intervals even in the no communication area
- Move the finger and toe frequently to make blood circulation



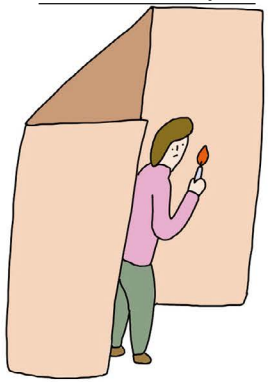
❹ Cover your ears, keep low posture!

❺ Keep breathing minimum!

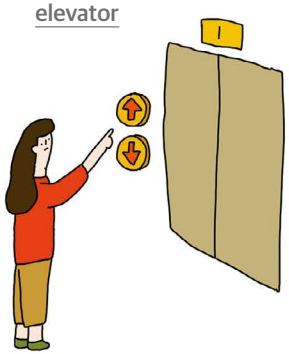


DO NOT

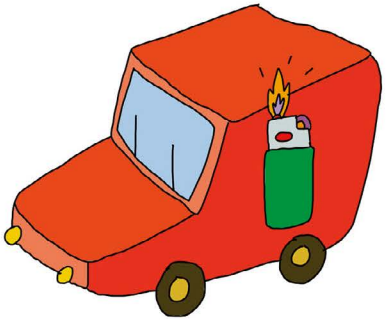
❻ Never ues flammable items in closed space



❶ Refrain from using elevator

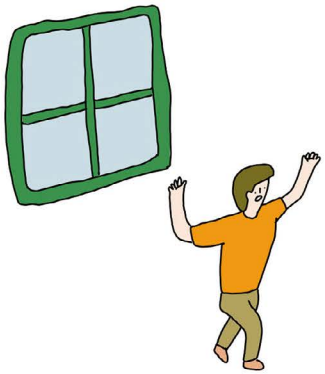


❷ Do not leave the lighter in the car.





❸ Stay away from the windows and glass door



❹ Do not use electrical switches and firearms.



1 Do not use elevator

2 Do not leave lighter, etc. in the car in the summer

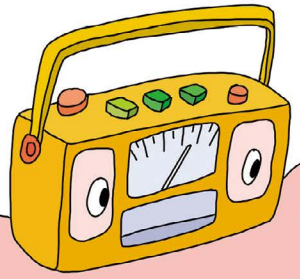
3 Stay away from the windows and glass door

4 Do not use electric switches and firearms, etc. in preparation for additional explosions

Terrorism

DO

❶ Identify the situation!



❷ Fix a place to meet



❸ Explosives related



1 Identify the situation through TV and radio

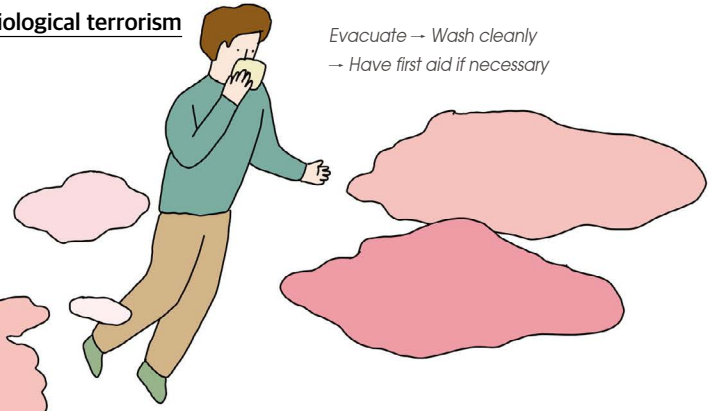
2 Determine where to meet in advance when a situation occurs

3 If explosive-related
- · suspicious items or vehicles are found, do not touch them. Report to police after evacuation.
- · If explosion occurs, immediately fall on the floor, protect your chest with your arms and elbows, and cover your ears and head by hand
- · Quickly evacuate to the opposite direction of explosion point

4 If chemical · bioterrorism
- · the polluted air is sensed, evacuate from contaminated area quickly while covering nose, mouth by handkerchief, tissue paper, etc.
- · If you are exposed to chemical substances, clean your face and hands and get emergency treatment.

5 Nuclear bombs · Radioactive terror
- · If you feel glare, you will fall down to the opposite direction and cover your eyes and ears and open your mouth
- · Hide your body in search of underground shelters or coveralls
- · Exit to buildings and close windows and turn off air conditioners or ventilator.

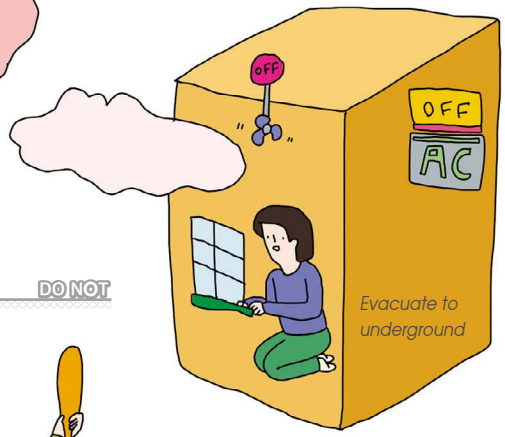
❹ Chemical and biological terrorism



Evacuate → Wash cleanly
→ Have first aid if necessary

❺ Nuclear and radiation terrorism

It should never be...



Evacuate to underground

DO NOT

❶ Do not confront terrorists.



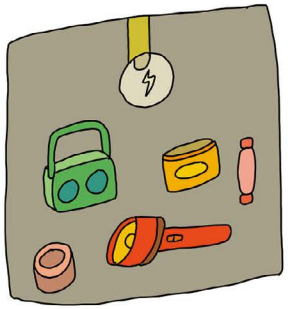
Protect your body first

1 Do not confront the terrorist

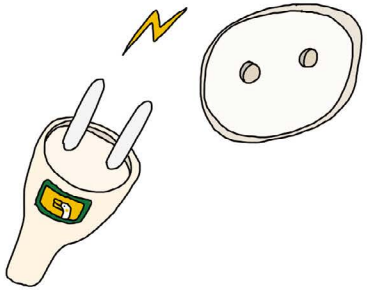
Power outage

DO

① What to be prepared for power outage



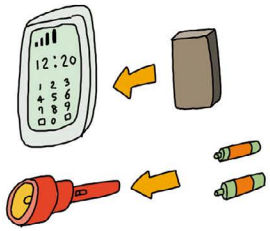
② Unplug the plug and check the circuit breaker



③ Using a flashlight, candles are dangerous!

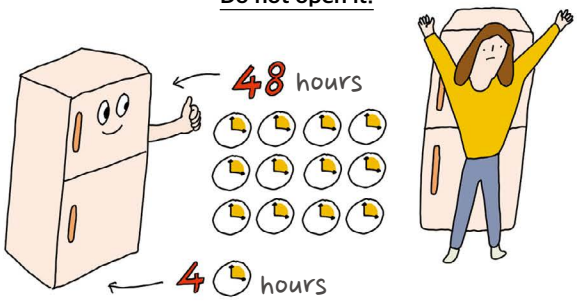


④ Prepare the auxiliary battery

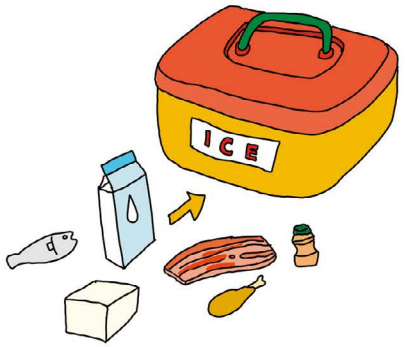


1 Prepare portable flashlight, food, and radio for power outage
2 Unplug the electrical appliance and check a circuit breaker fault
3 Use a flashlight whenever possible, candles has the risk of fire
4 Prepare a secondary battery for your mobile phone, flashlight, etc.
5 Never open the refrigerator (the refrigerator can be stored for about 4 hours, the full freezer for up to 48 hours)
6 Store food to be easily rotten in the icebox
7 (When re-supplying electricity) Put the plugs in one at a time in specific interval
8 Check the food in refrigerator
9 Contact through the intercom calmly when the elevator stops

⑤ Do not open it! Do not open it!

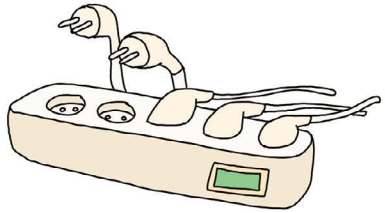


⑥ Move to the icebox

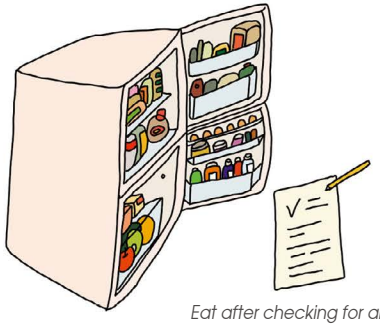


⑦ In case of reproviding of electricity

Put the plugs in one at a time at specific interval

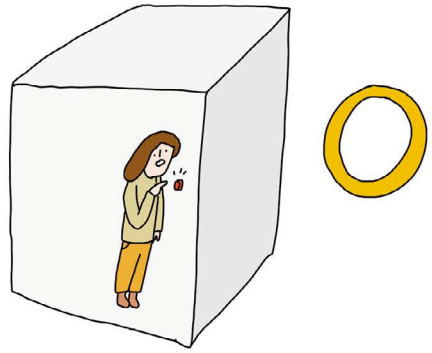


⑧ Confirm!



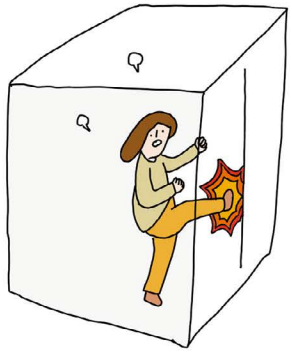
Eat after checking for abnormality

⑨ Calm down! Request rescue by interphone!



DO NOT

① Refrain from excessive escape



Do not be in panic, do not be excessive!

1 Do not try to escape if you are trapped in an elevator

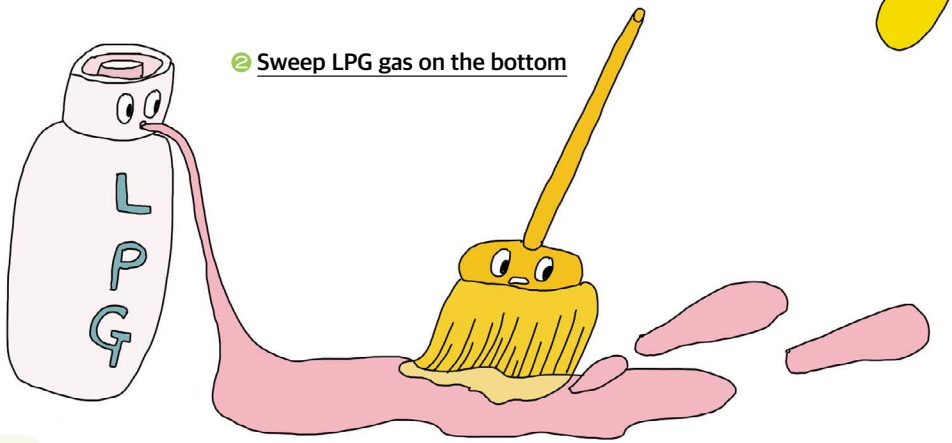
Gas accident

DO

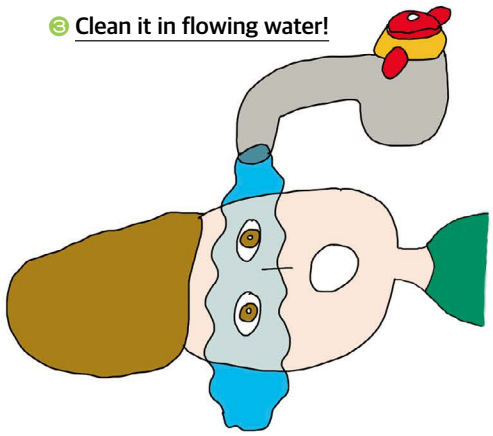
❶ Check for gas leakage! Ignite!



❷ Sweep LPG gas on the bottom



❸ Clean it in flowing water!



1 Before you use the gas, smell it to check for leaks and ignite it (if it leaks, lock the valve and open the window to ventilate)

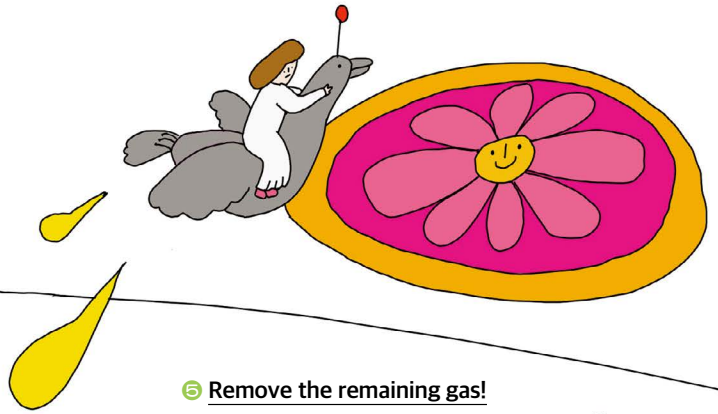
2 LPG gas is heavier than air, so it sinks on the floor, so sweep it off with a broom (do not use electric appliances such as fans)

3 If gas strikes your eyes, wash them in running water

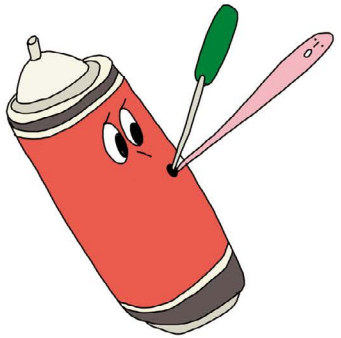
4 Escape to empty spaces far away from the place of accident.

5 After using butane gas, drill holes in the container to remove the remaining gas.

❹ Evacuate to a remote empty place



❺ Remove the remaining gas!



DO NOT

❶ Do not put a large bowl

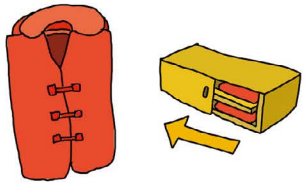


1 Do not put vessels larger than portable gas burners

Ship accident

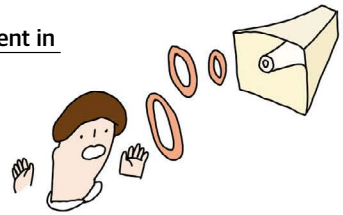
DO

❶ Locate the location of a life jacket and escape route!

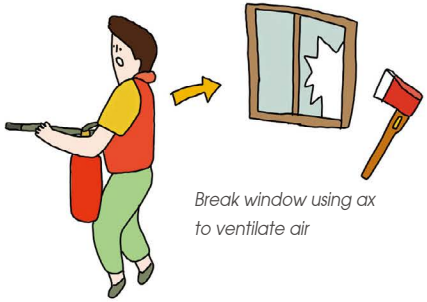


→ *It is located under seat or inside cabin*

❷ Make loud announcement in case of an accident



❸ In case of fire

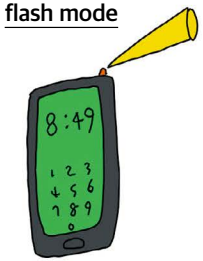


Break window using ax to ventilate air

❹ Listen carefully to instructions!



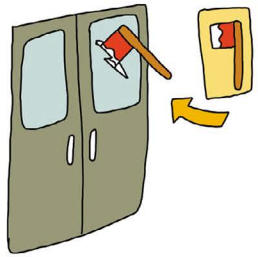
❺ Activate mobile phone flash mode



❻ Exit along the wall



❼ When the door won't open



❽ Wear a life jacket and take off your shoes



Take off shoes to move easily

❾ Jump into the water



❿ Underwater



f you make activities a lot, it takes the heat off more fast. Hypothermia threat your life.



1 Locate the location of a life jacket and escape route!
2 Make loud announcement in case of an accident in the event of an accident such as fire or stranding
3 Fire is extinguished by fire extinguisher
4 Follow the instructions of the captain and crew calmly in case of guidance and recognition for emergency
5 Turn on cell phone flash function calmly in case of power failure
6 If you do not see a guide light during a power outage, exit along the wall
7 If the door won't open, break the window with an ax to escape
8 Put on a life jacket at the time of crisis and take off your shoes to make it easier to work in the water
9 When jumping into the water, collect the two legs and jump to water in the standing posture
10 Minimize activities in water

DO NOT

❶ Do not flock to one side



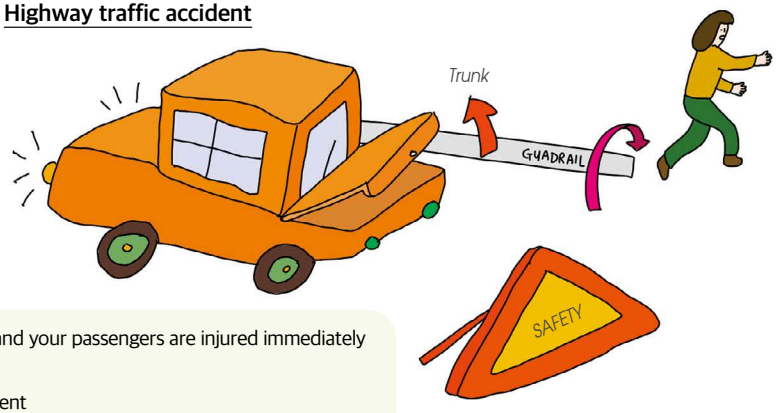
1 Do not flock to one side of the hull

DO

❶ Confirm injury of you and passenger injury!



❷ Highway traffic accident

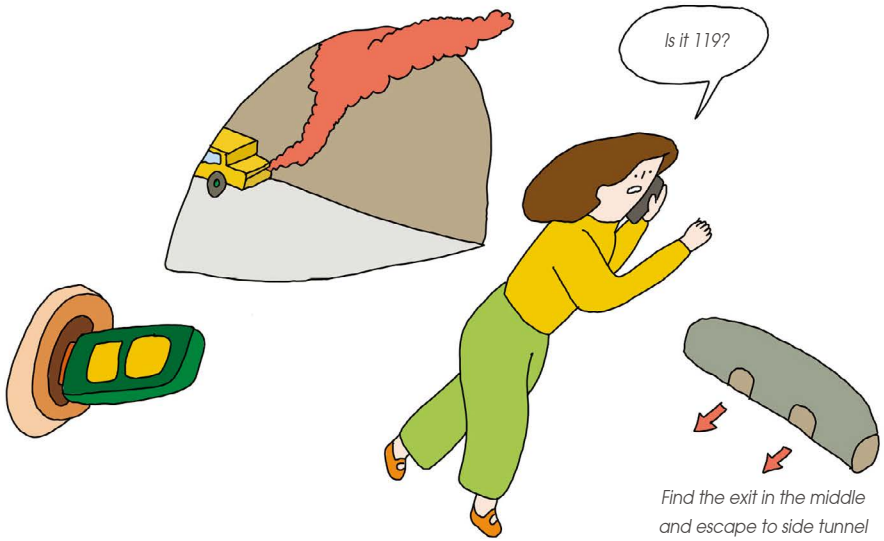


1 Check whether you and your passengers are injured immediately after the accident

2 Highway traffic accident
- Move the car to the side of the road, turn on the emergency light, open the trunk.
- The passenger is evacuated to a safe place outside the guardrail.
- A safety tripod is installed at the rear.

3 Traffic accidents in tunnels
- Maintains the prescribed speed and safety distance when entering the tunnel
- If the vehicle can not be moved due to an accident or fire, move the vehicle to the shoulder, turn off the engine, leave the key intact, and get off.t
- Report it using emergency calls, emergency bell, or mobile phone
- Lower the body to avoid fire smoke and evacuate outside the tunnel
- In case of long tunnels, evacuate to the side tunnel through middle evacuation route

❸ Traffic accident in a tunnel



Find the exit in the middle and escape to side tunnel

DO NOT

❶ Do not try to overdo yourself in rescue!

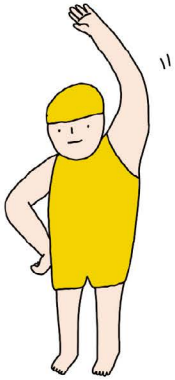


1 Do not attempt to overdo yourself in rescuing the casualties caught in car (concerns of spine and cervical injuries)

Water Safety Rules

DO

❶ Preparation exercise!



❷ Watering your body from far away from the heart



❸ Always stay in guardian sight!

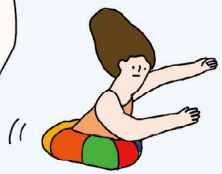


❹ Identify the time of tidal current change

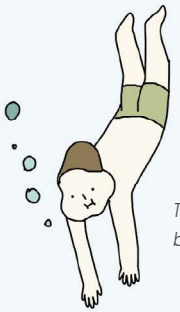
❺ Go against the waves!



❻ Avoid stones!

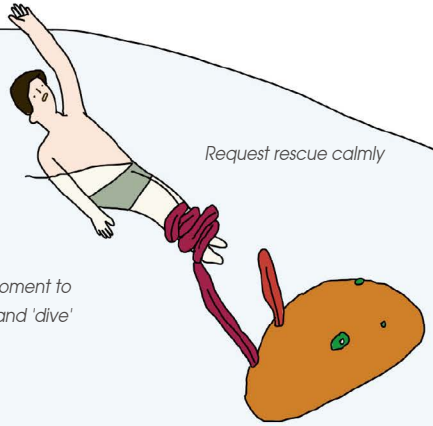


❼ When big wave hits you



Take a moment to breathe and 'dive'

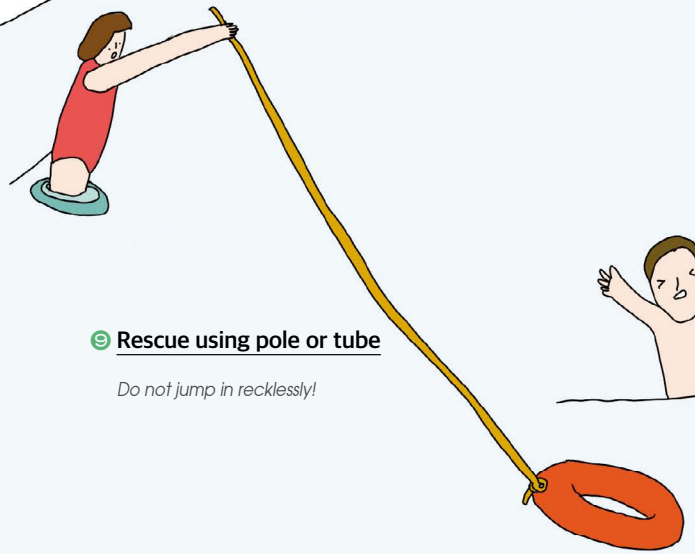
❽ When a plant wraps you



Request rescue calmly

❾ Rescue using pole or tube

Do not jump in recklessly!

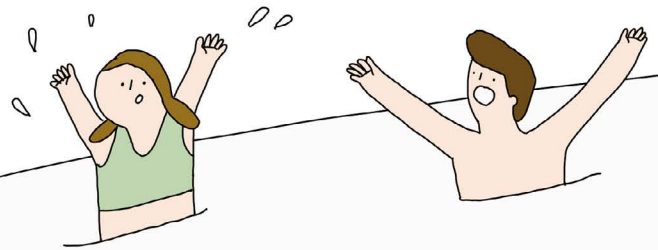


1 Do preparation exercise before watering
2 Soak the body with the water from far away from the heart before entering the water.
3 Always put a child in the guardian's view
4 Know the tide current change time
5 Go against the water when the water flow is strong
6 Avoid stone if possible when cross over the river or valley.
7 If a big wave hits you, take a short breath to dive (naturally you are reemerged)
8 If a plant wraps you, be calm without struggling
9 Rescue with tools such as poles and tubes when you find a drowning person in the water

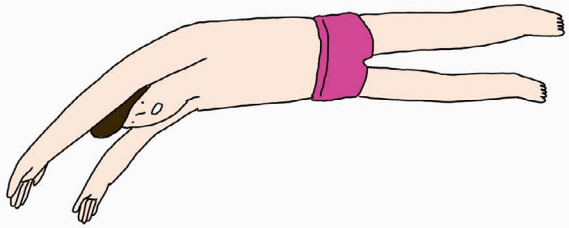
Water Safety Rules

DO NOT

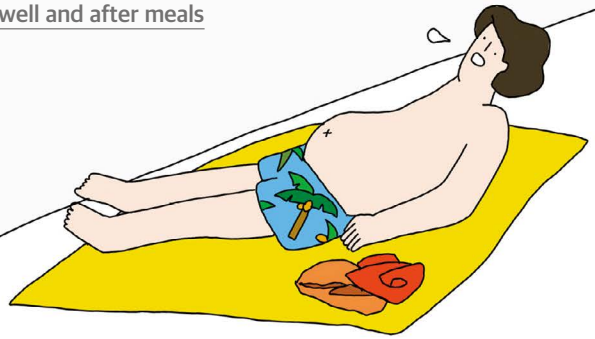
❶ Do not play!

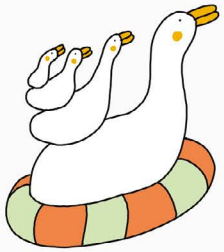


❷ Do not jump in recklessly!



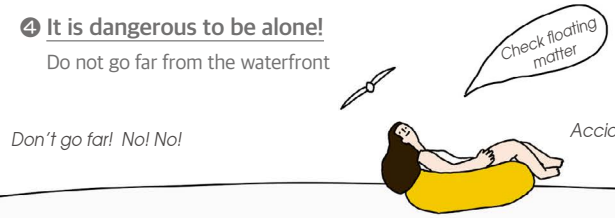
❸ Avoid it when you are not feeling well and after meals





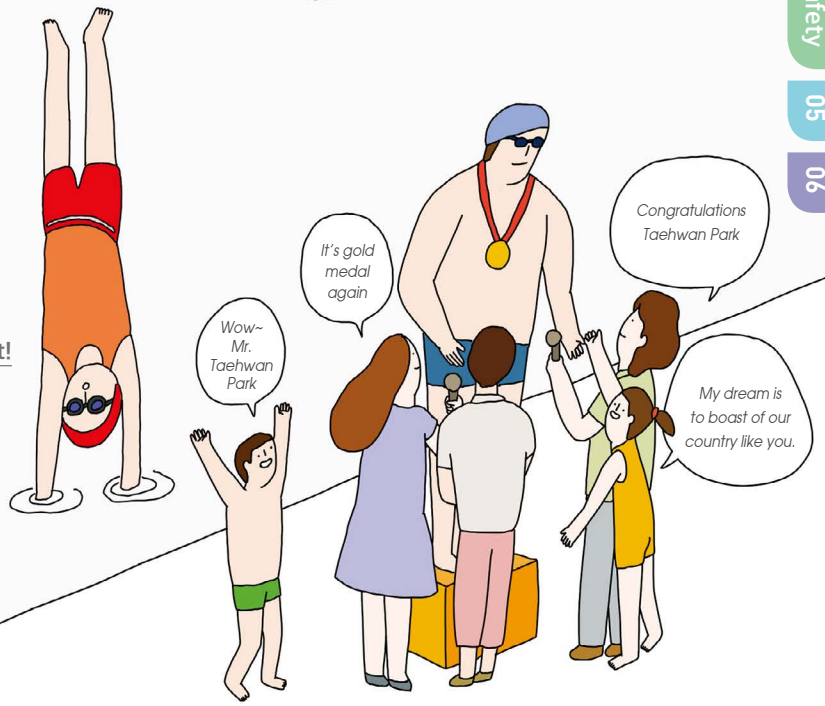
❹ It is dangerous to be alone!

Do not go far from the waterfront



❺ Don't be careless!

❻ Don't be overconfident!



1 Do not play pretending to "ask for help" during swimming or do not flounder
2 Do not jump into the water when you find drowning person in the water
3 do not go into the water when your condition is bad or after meals
4 Do not swim alone in the lake or river
5 Don't be careless even if it is shallow
6 Don't overdo by being overconfident of your ability

Safe hiking tips

DO

1 Know weather information in advance
2 Take emergency food, cosmetics, lantern, raincoats, etc.
3 Do stretching before walking
4 Do hiking in the company of two or more people
5 Drink water frequently and eat carbohydrate a bit
6 When you have cramp suddenly, loosen the shoelace, stretch the leg straight, pull the toe toward you and relax the leg
7 Report to 119 at the time of distress and find a place to avoid the cold and the wind
8 When the body temperature is lowered by cold, keep warm the head, neck, armpit and other places where the fever quickly escapes by using a muffler (change wet clothes to dry clothes)
9 If bitten by snake, bind area 5-10 cm above the bite
10 When bitten by a bee, gently scratch it with a plastic card, etc., and pull bee sting out without rubbing the affected part and cool it and apply ammonia solution
11 Keep the area of broken bones cool and fix it with branches
12 Lower your posture and look under your feet when going down

1 Listen carefully to weather information!



2 Things to keep such as

emergency food, confectionary, lantern, etc.



3 Stretching



4 Be together



5 Drink water frequently



6 When you have a cramp

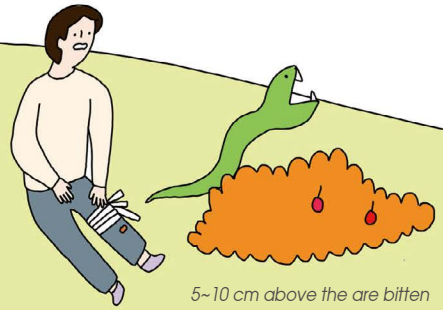


7 Go to a place where you can avoid the cold and the wind!

8 Keep warm!



9 If you are bitten by a snake



5~10 cm above the are bitten

10 When bitten by bees



11 When the bone is broken

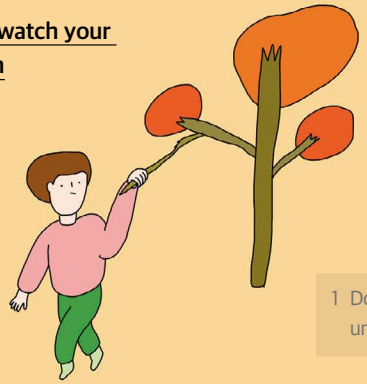


DO NOT

12 Lower your posture and watch your feet when climbing down



1 Do not rely on the branches as a handle!



1 Do not rely on rotten branches or unstable rocks as handles

Detention and abduction

DO

❶ Do not resist forcibly and avoid sudden behavior!



❷ Be invisible if possible



❸ Obediently, refrain from irritating behavior

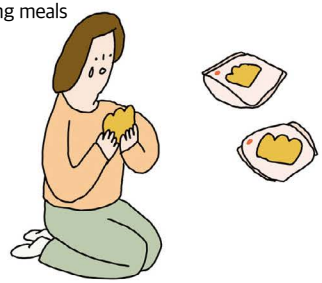




170~5 cm
Normal body size
Eye shape
Small dot below left eye
Low and slow voice tone
Deep wrinkle in the middle of eye

❹ Maintain health

Do not miss eating meals



1 Do not resist, respond obediently and avoid sudden behavior
2 If two people were abducted, try to be invisible
3 Respond to the instructions of the kidnapers and avoid irritating reaction
4 Do a light exercise for health maintenance and do not miss eating meals
5 Talk to the kidnappers if it is possible and maintain a friendly relationship
6 As soon as the rescue operation begins, lie your face down
7 Remember the characteristics such as appearance, personality, voice of kidnapers

❺ Maintaining a friendly relationship



❻ If the rescue operation begins



❼ Remember the hijacker's feature!



DO NOT

❶ Try not to escape unreasonably



❷ Try not to make eye contact if possible

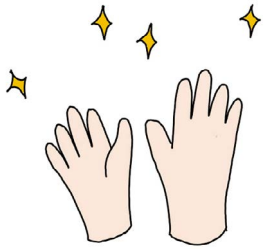


1 Do not try to escape unreasonably unless safety is secured
2 Do not make eye contact with kidnaper

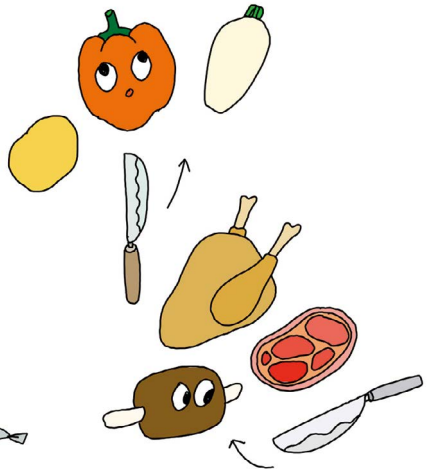
Prevention of food poisoning

DO

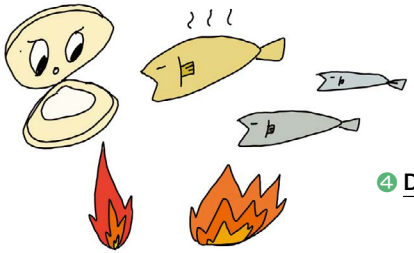
❶ Wash hands frequently



❷ Use different cooking tools!



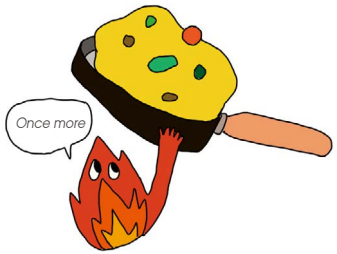
❸ Make fish and shellfish cooked before eating



❹ Drink boiled water

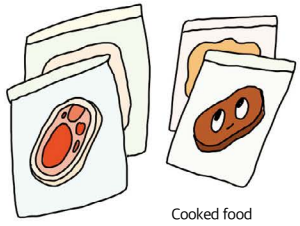


❺ Reheat food to be cooked before eating

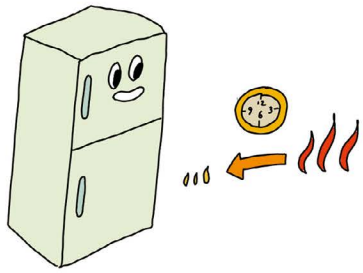


1 Make plenty of soap bubbles to wash your hands often
2 Separate cooking utensils for vegetables and meat (Wash thoroughly with hot water after use)
3 Fish and shellfish must be cooked before ingestion
4 Drink boiled water rather than bottled water
5 The food that has been cooked is also heated once more before eating
6 Keep raw food and cooked food separately
7 Food is cooled and kept in the refrigerator
8 If you have food poisoning symptoms such as diarrhea, abdominal pain, and vomiting, visit the hospital
9 When diarrhea subsides, have fatless rice gruel or soup first

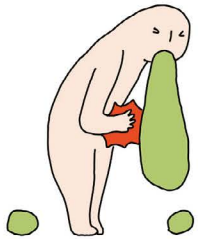
❻ Keep it separately



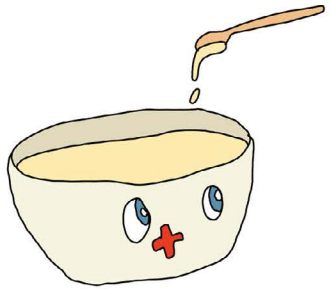
❼ Cool the food and keep it refrigerated!



❽ If symptoms appear, go to the hospital!



❾ If symptoms subside, have rice gruel or soup



DO NOT

❶ Avoid fruit juice, carbonated drinks



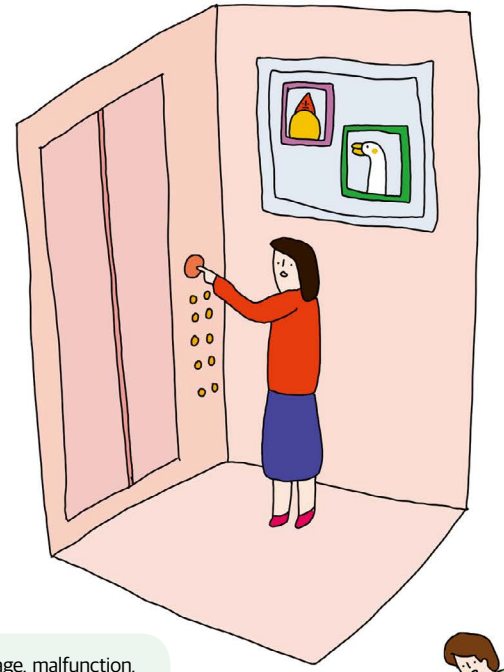
1 Avoid fruit juice or carbonated beverages if symptoms of food poisoning appear

Escalator / Elevator Safety Tips

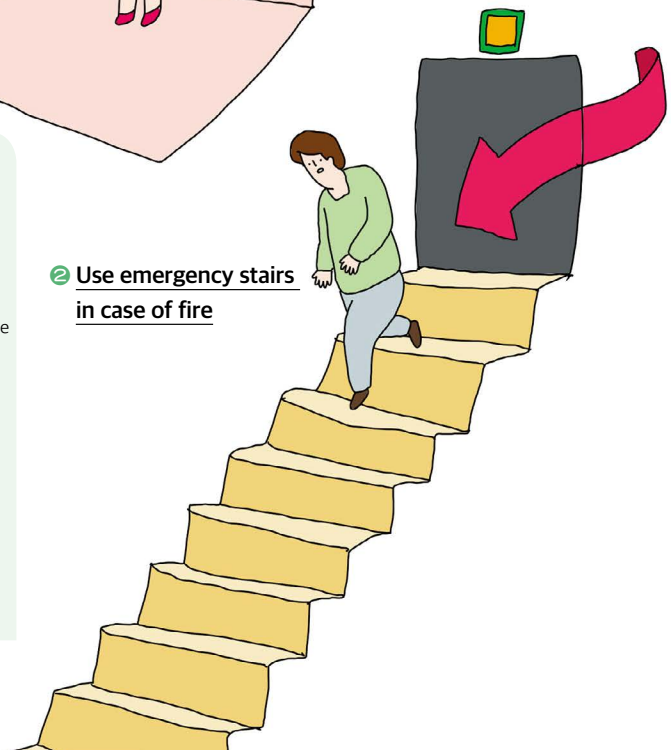
DO

❶ If it stops by power outage, breakdown, etc.,

Contact calmly the management office with interphone!



❷ Use emergency stairs in case of fire



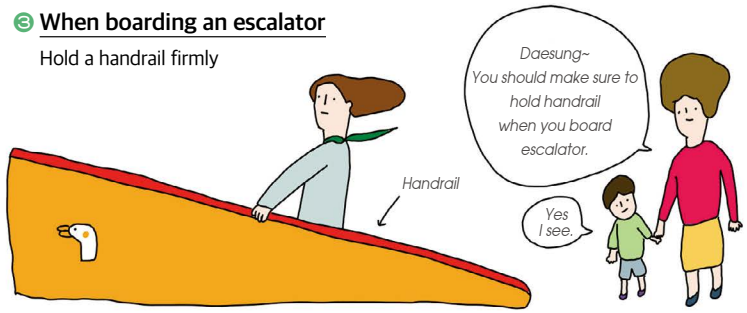
1 If stopped by power outage, malfunction, etc.
- · Contact the management office calmly with interphone
- · Do not try to escape arbitrarily by unreasonably opening the door
- · tIf rescued by a rescue through request, follow the instructions of the rescue team

2 Do not ride the elevator in case of fire and use emergency stairs

3 When using an escalator
- · Holding a handrail · Do not let your head or arm out of the handrail
- · Do not let the edge of the foot touched
- · child or elderly person should hold a guardian's hand
- · Be careful not to be caught in clothing or scarf

❸ When boarding an escalator

Hold a handrail firmly

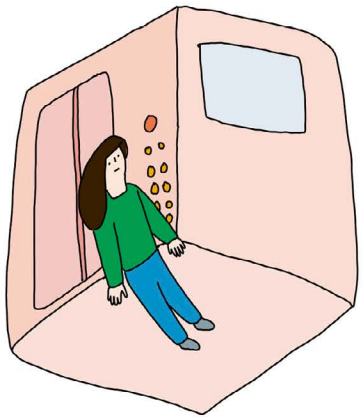


DO NOT

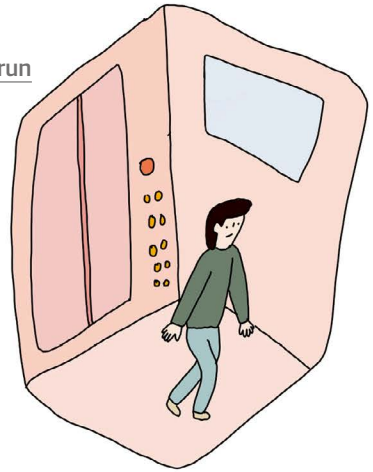
❶ Do not apply excessive shock!



❷ Do not lean on carelessly



❸ Do not walk or run

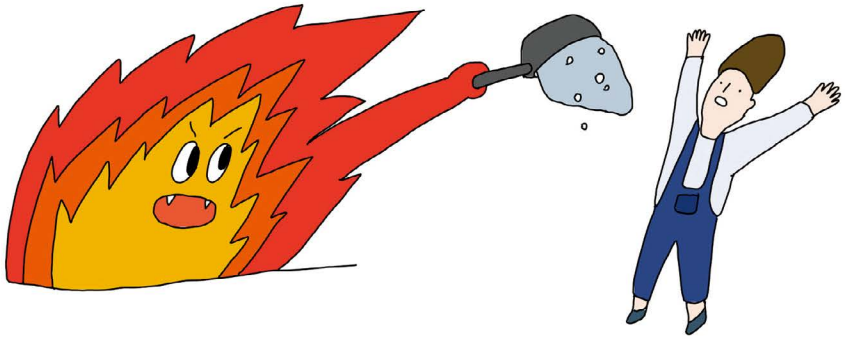


1 Do not give a shock such as rolling your feet in the elevator
2 Do not lean on the elevator door
3 Do not walk or run on elevators and escalators

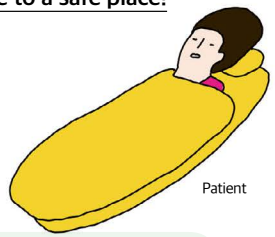
Accidental burns and electric shock

DO

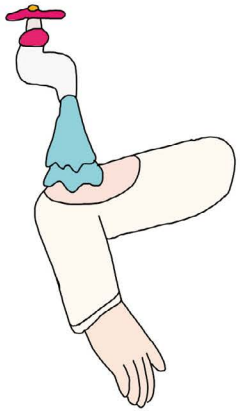
❶ Watch out! Watch out!



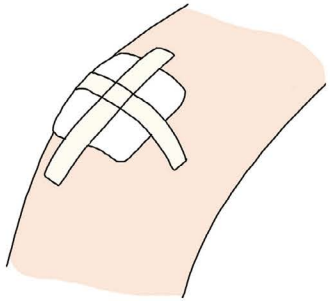
❷ Move to a safe place!



❸ If you got burned, cool for 10-15 minutes in cold water

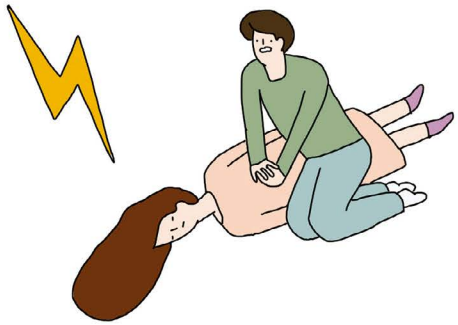


❹ Treat wound with disinfected gauze!



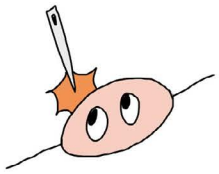
1 Always be cautious when using hot water, smoke, fire, strong chemicals, electricity, etc.
2 Move the patient to a safe location
3 Burn area / Cool for 10-15 minutes with cold water (immerse in water in clothes without direct contact with the water)
4 Treat wound with disinfected gauze
5 In case of electric shock
- check if the surrounding is safe, isolate the patient immediately from the power source.
- If the heart does not run without breathing, perform cardiopulmonary resuscitation immediately.
- Even if the patient seems to be fine, the patient may get burned deep inside body and so make sure to have a good examination at the hospital

❺ When being in electric shock

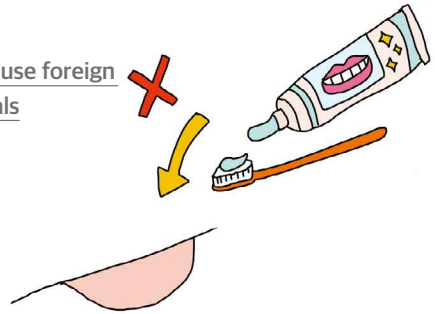


DO NOT

❶ Do not break wound, affected area



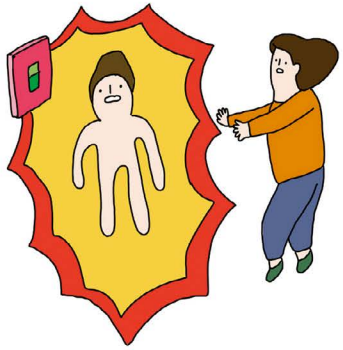
❷ Do not use foreign materials



❸ Burn area, Do not force to peel off the clothes



❹ Do not remove it directly

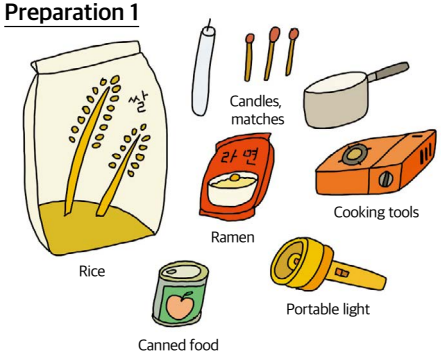


1 Do not break blister
2 Do not apply foreign substances such as soybean paste or toothpaste to the burned area.
3 Do not peel off the clothes that have stuck to the burned area.
4 Do not try to remove the affected person (turn off the electricity switch and stop supplying electricity)

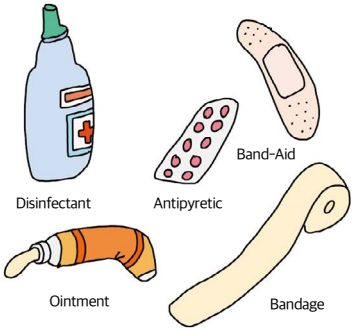
Wartime behavior tips

DO

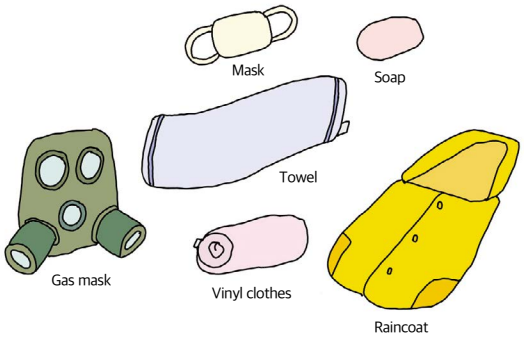
① Preparation 1



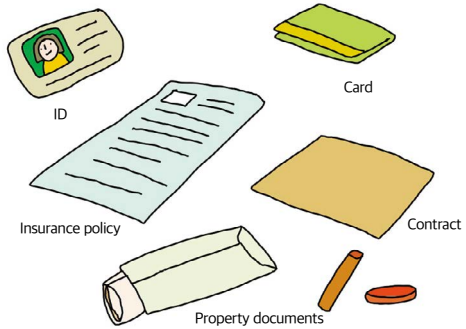
② Preparation 2



③ Preparation 3



④ Preparation 4



1 Food (rice, ramen, canned food for 30 days), cooking tools, radio, backpack, portable light, candle, match etc.

2 Disinfectant, antipyretic, digestive medicine, anti-diarrheal, ointment, bandage, Band-Aid, triangle

3 Gas masks, towels, masks, vinyl clothes, raincoat, soaps, synthetic detergents, adhesive tapes (for window frames and door frames)

4 Identification, property documents, contract, insurance certificate, etc.

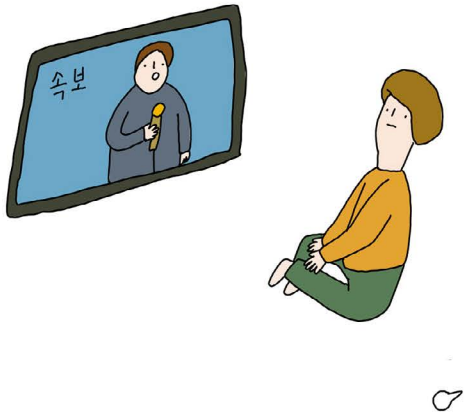
5 Listen to government broadcasting (TV, radio) and follow the instruction from it.

6 Evacuate quickly with emergency materials when the evacuation order is issued (Evacuate after leaving the vehicle in operation on empty space or on the right side of the road)

7 When the enemy starts shelling
- In an apartment or a high-rise building, use emergency stairs instead of an elevator to escape
- Move in the lowest position and pay attention to explosion fire and debris
- Do not try to come out unreasonably if you are trapped in building debris
- Do not use matches, lighters, etc due to risk of explosion caused by leak gas
- If it is difficult to move to a shelter, go down to low places such as ditches and hide your body in it.

8 Actively cooperate with government control

⑤ Listen carefully to the government broadcasting guide!



⑥ Emergency Materials! Evacuation!



⑦ Evacuate to a safe place in case of enemy's shelling



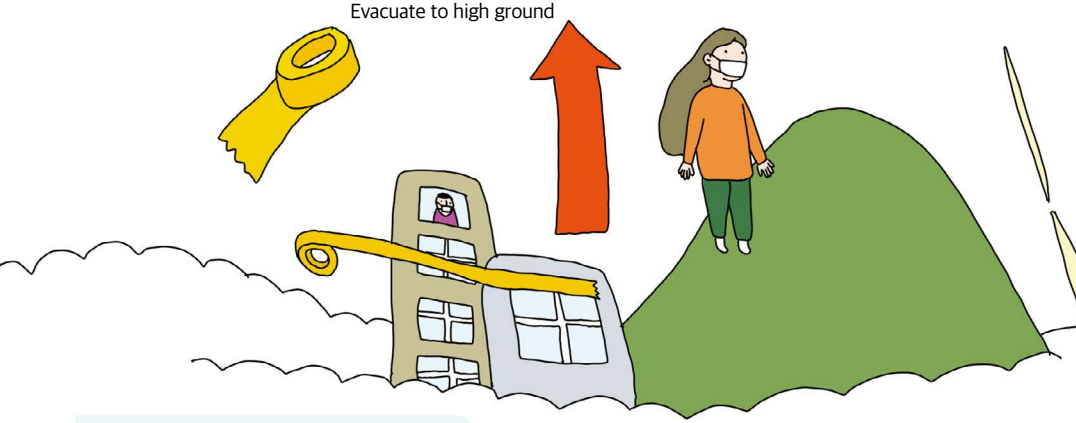
⑧ Active cooperation

Behavioral Tips in CBR

DO

❶ Upon chemical weapon attack

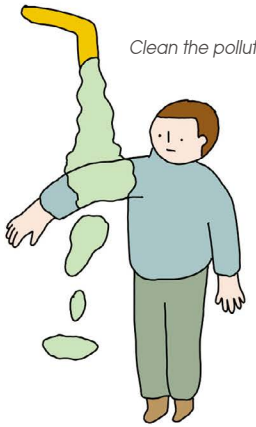
Evacuate to high ground



1 In case of chemical weapon attack · Gas masks, masks, etc. Escape to high areas or high-rise buildings after wearing gas mask or mask
- · Doors, windows, and ventilators are sealed with adhesive tape
- · Wash contaminated areas with soap and detergent for more than 15 minutes
- · Contaminated shoes and clothes should be sealed and then discarded

2 In case of Biochemical weapon attack
- · Evacuate immediately after wearing gas masks, masks, etc.
- · Do not contact with pollutants and patients
- · Check the infection according to the government's instructions and treat it with vaccination etc.
- · Have food and water after boiling them and keep it clean

3 In case of nuclear attack
- · Quickly evacuate to underground shelter or underground facility
- · If you feel glare, fall your face down in the opposite direction of explosion and close your eyes and ears and open your mouth
- · Escape from radioactive fallout area and minimize body exposure by vinyl or raincoat



Clean the polluted area



Wash it for more than 15 minutes

Soap + detergent

❷ In case of Biochemical weapon attack

Evacuate after wearing the gas mask or mask !!



❸ At the time of the nuclear attack



"To the opposite direction of the explosion "





Underground facilities such as underground shelters ...

Tips for how to 119 report!

Deliver accurate disaster locations

Accurate information enables faster dispatch.

In case of general disaster	address, building name, apartment name (up to the building number)
In the case of expressway	○○ Expressway ○○ direction, km away from ○ ○
If you do not know your current location	numbers of near telephone poles, elevator control number, etc.
In the case of general roads, outdoor	road names (such as ○○intersections), traffic signs, mobile phone GPS coordinates, etc.

In case of fire report

It is possible to dispatch a fast and appropriate manpower if you make detailed report.



- ☐ Are there any people who can not get out of the building?
- ☐ Are there children, elderly people, people with disabilities?
- ☐ What floor is the fire and what is the building for(housing, apartment, factory, restaurant, etc.)?
- ☐ What is the combustible now burning? (Whether plastic, rubber or dangerous)
- ☐ Is there any possibility of expanding to neighboring buildings?
- ☐ How big is the fire?
- ☐ Are there difficulties for fire trucks to enter?

In the case of traffic accidents,

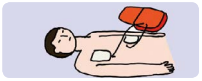
the precise situation guide can help to decide the size of ambulance dispatch, organizing rescue vehicle, and prevent second accident.



- ☐ How many patients are in the vehicle?
- ☐ Is there any person who needs the help to come out from the vehicle?
- ☐ Is there smoke in the vehicle?

In case of emergency,

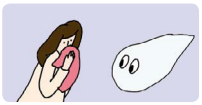
careful guidance on the patient's condition can be helpful for arrangement of further ambulance and medical guidance.



- ☐ What is the patient's condition?
- ☐ If a patient is in syncope, is the patient breathing? Is the patient conscious?

In the case of reporting chemical material,

it is important to provide prior information on chemical substances when chemicals are leaked.



- ☐ Time and place of accident
- ☐ Details of accidents, causes of accidents, level of damage (status)
- ☐ Contact information (name, phone number)

Make it together with your family in preparation for a disaster

Deciding where to Meet

When you are away from each other due to school or work,
Let's meet here when you can not get in touch with my family in a disaster!

01

How to communicate each other

When a disaster occurs and you can't make phone call,
Let's decide how to communicate each other like this

02

Determine role

Decide the roles of each family members in a disaster strikes.
If you are alone, decide what to do.

03

How to evacuate

Make sure you know how to evacuate in case of an emergency!
Confirm not one, but a variety of ways if possible.

04

Information about my family

Information about me	Name			
	Date of birth			
	Address			
	Contact			
	Blood type	A B O AB	Rh	+ -
	Allergy			
	Medication			
	Etc			

Information about family	Name			
	Date of birth			
	Address			
	Contact			
	Blood type	A B O AB	Rh	+ -
	Allergy			
	Medication			
	Etc			

Information about my family

Information about family	Name	
	Date of birth	
	Address	
	Contact	
	Blood type	A B O AB / Rh / + -
	Allergy	
	Medication	
	Etc	

Information about family	Name	
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Information about family	Name	
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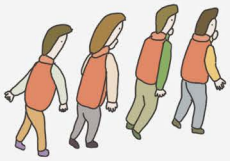
MEMO

MEMO

MEMO

MEMO





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