



How to support them.

At the time of disaster, the needs of a person in trouble may vary greatly. It is necessary to consider that persons condition and maintain communication in order to provide the best assistance to them.

One way to support them

Resuscitation and AED procedure manual

- ①Asses the victim's consciousness ▶ ②Send for help ▶ ③Check for breathing
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 ④Chest compressions ▶ ⑤Artificial respiration* ▶ ⑥Continue CPR* ▶ ⑦Using the AED



*Artificial respiration is to be carried out only by individuals who have received training, acquired the skills for artificial respiration, possess the intention to perform artificial respiration, and have determined that there is no risk of infection.

The city teaches the first-aid treatment in your town.

Please apply at a nearby fire department. They will present the free first-aid treatment lecture in the location of your choice. People who want to take the course should be residents, or workers and students in the city, and there should be more than 10 participants.

When evacuating

Visually impaired persons

- Please approach the person from the front and convey surroundings.
- Hold the person's elbow and lead them at a slow pace.



Hearing impaired persons

- Note down surroundings in a memo and input them to the email screen of your mobile phone to show them.



People accompanying pregnant women or infants.

- Since it is hard for persons accompanying pregnant women or infants, help with carrying baggage and evacuate together.

Children in need of protection

- Gently call to and calm children before going to the evacuation shelter together.



Persons who are not good at communication

- Usually familiar people are better at helping them.
- Calm the person down and convey the necessities of evacuation in pictures and gestures.

Physically disabled persons.

- Use a wheelchair and a stretcher, or carry the person with the aid of others, and evacuate together.



Foreigners who don't understand Japanese.

- Convey surroundings and evacuating procedure in pictures and gestures.

A person with a chronic disease or disability.

- Since it is difficult to judge a person's physical state by their appearance, please listen to the needs of the person and evacuate together.

The elderly who need care.

- Help to carry the person's baggage and evacuate together.



In evacuation shelters

- Read the written notices to the person.
- Be careful there are no objects obstructing the pathway.

- Convey announcements and broadcasts in written messages and gestures.



- Please try to set up screens etc. to provide some privacy to breast feeding mothers.

- If the child is alone separated from parents, gently call to them what is wrong with them.
- Give the child a sense of security by talking to them affectionately.

- Slowly call to the person to reassure them and ask what they need.

- Secure a passage so that a wheelchair can go though.



- Convey announcements and broadcasts in written messages and gestures.
- Written notices or notice boards should be written in as many languages as possible.

- If the person cannot get to a hospital for essential treatment of life-threatening conditions, please inform medical personnel.

- Protect the privacy of the person using the screens, when changing diapers.

Peace of Mind & Ibaraki City Disaster Prevention

People who need special consideration in times of disaster

An SOS card conveys the person's personal information and explains what support the person may need in times of disaster. Please show the card and convey your information.

➡ Central page SOS card



Help Mark

The Help Mark is a symbol that prompts those who see it to offer assistance and consideration to individuals who require aid or special attention. If you come across this mark, please offer your seat on the train or bus, speak up if someone seems to be in trouble, and perform acts of kindness, such as providing support during disasters, to ensure safety.

