

How to Make a Blanket Stretcher

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| <p>1</p> <p>Lift and gently place the injured person in the middle of a blanket.</p> | <p>2</p> <p>With a person at each corner, roll up the two sides of the blanket.</p> |
| <p>3</p> <p>Spread hands to shoulder width and lift the folded part of the blanket.</p> | <p>4</p> <p>Keeping the blanket flat, carefully carry the patient in a feet first direction.</p> |

How to Use a Fire Extinguisher

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| <p>1</p> <p>Place your finger in the ring of the yellow safety pin and pull hard.</p> | <p>2</p> <p>Maintaining a safe distance, grasp the hose and aim it toward the flames.</p> |
| <p>3</p> <p>Firmly grip the fire extinguisher lever and spray at the fire.</p> | <p>4</p> <p>Aim for the base of the fire the hose side-to-side.</p> |

Making an Emergency Call

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| <p>1</p> <p>Dial 119. When calling from a public telephone, press the red button.</p> | <p>2</p> <p>Answer when asked "Is it a medical emergency or fire?"</p> |
| <p>3</p> <p>Give your name and phone number. Once done, help the injured right away.</p> | <p>4</p> <p>In the event of an accident or fire, pass on accurate details of the situation.</p> |

First-Aid Treatments for Bone Fractures

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| <p>1</p> <p>Prepare items to be made into a splint to support a broken bone.</p> | <p>2</p> <p>Align splint with the broken bone, tie in place with a cloth or similar item.</p> |
| <p>3</p> <p>Using a triangular bandage or plastic shopping bag, create the arm from the neck.</p> | <p>4</p> <p>To make the sling more stable, tie a cloth around the chest to hold in place.</p> |

How to Use a Jack

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| <p>1</p> <p>Select a firm place and insert the jack in a gap in the rubble.</p> | <p>2</p> <p>In case the jack should topple, wedge some wood or other material in the gap.</p> |
| <p>3</p> <p>Lift the rubble by turning the handle, wedging wood or other material into the widening gap.</p> | <p>4</p> <p>Once the gap is big enough, ensure safety and effect a rescue.</p> |

Saigai Moshimo Manual

Disaster "What if?" Manual

NHK ぞなえる防災
DISASTER PREPAREDNESS

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How to Use an Automated External Defibrillator (AED)

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| <p>1</p> <p>Pushing the power switch turns on the AED.*</p> | <p>2</p> <p>Checking the diagrams on the two pads, attach them to the patient's chest.</p> |
| <p>3</p> <p>Following the voice instructions, ensure you are not touching the patient.</p> | <p>4</p> <p>When you push the red button, the electric shock will operate.</p> |

*Some AEDs will turn on automatically as you open the lid.

How to Stop Bleeding

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| <p>1</p> <p>Find a plastic bag and cover your hand to prevent direct contact with any blood.</p> | <p>2</p> <p>Place clean gauze or a handkerchief on the spot that is bleeding.</p> |
| <p>3</p> <p>Raise the wound higher than the heart and apply steady pressure.</p> | <p>4</p> <p>Once bleeding has stopped, apply a bandage, handkerchief, or tie.</p> |