

Participated in "Shakeout 2022" organized by Oita City

2022
9.1
AM11:45

大分市

南海トラフ地震に
備えて**訓練**しよう!
それぞれの場所だね!

防災
大分市
たむん

事前に登録してね。
参加団体は登録をお願いします。
二次元バーコードまたは
大分市ホームページ内から
電子申請してください。

シェイクアウト2022
あなたの命を守る**1分間**の地震防災訓練

実施日時 **令和4年9月1日(木) 午前11:45**

開始場所 **それぞれの自宅・学校・職場など**
*新型コロナウイルス感染対策のため、3密を避けた訓練を行うようお願いいたします。

実施内容 ①**それぞれの開始合図で訓練開始**
・定期になったら ・放送やサイレンを聞いて
・大分市防災メールを受信したら

②**その場で1分間(自分の身を守る)安全行動をとります!**
(右図)

3つの安全行動

まず低く 頭を守り 動かない

お問い合わせ／大分市防災危機管理課 ☎097-537-5664

Oita City Shakeout 2022 Flyer

On September 1, 2022, we participated in "Shakeout 2022" organized by Oita City.

■What is "Shakeout"?

It is a disaster drill to prepare for earthquakes that started in the U.S. in 2008.

The participants are supposed to protect themselves on the spot on the assumption that an earthquake occurs on a specified date and time.

In this drill, participants perform three safety actions to protect themselves on the spot for about one minute.

Points to keep in mind when protecting yourself from earthquakes

- (1) "Stay low": Crouch down on the spot and keep your posture low.
- (2) "Protect your head": Protect your head with something close at hand, such as hiding under a table or covering with a cushion.
- (3) "Do not move": Do not move until the shaking stops.

Scene of Training



Turns out our CEO can't fit his body under his desk...
We know this because we train each other.



Ensure adequate security and crouch low on the spot.



Under the desk, there is quite a lot of stuff.
If you don't keep it organized, you can't get in.

Although the drill lasted only about one minute, it provided a good opportunity to think about "disaster prevention.

Why don't you discuss disaster prevention measures at your workplace or home?

From Oita City's official video channel "liyan! Oita" .

[\[Disaster Drill\] Oita City Shakeout \(Home\)](#)

[\[Disaster Drill\] Oita City Shakeout \(Workplace\)](#)