

総合防災訓練 Comprehensive disaster drill/training

11月10日(日) 午前9時スタート

Start time: 9am on Sunday, November 10th

安否確認訓練

Safety confirmation drill/training

2号棟・3号棟・5号棟・6号棟南・6号棟北・7号棟の方は、4階エレベーターホールに集まれ!

Residents of Building 2, Building 3, Building 5, Building 6 South, Building 6 North, and Building 7, please gather at the 4th-floor elevator hall!

参加者名簿造り訓練

名簿用紙に名前を記入し、参加者用リボンを受け取って下さい。

安否確認訓練

参加者が手分けして、「災害時援助希望者」を尋ねて「安否確認」を行います。

予定時間の30分間で出来る範囲で安否確認を行ってください。

Participant list creation drill

Please write your name in the list and receive a participant ribbon.

Safety confirmation drill

Participants will split up and visit those who wish to receive assistance in the event of a disaster to confirm their safety.

Please check the safety of as many people as you can within the scheduled 30 minutes.

起震車体験

Earthquake simulation vehicle experience

1・4号棟の方は、午前9時に起震車前に集合!

Residents of Buildings 1 and 4, please gather in front of the earthquake simulator vehicle at 9:00 AM!

起震車で震度7を体験しよう!

Experience a magnitude 7 earthquake in a simulating vehicle!

全体を6つのグループに分けて、各グループ30分ずつ起震車を体験・見学しましょう。

The entire group will be divided into six groups, with each group given 30 minutes to experience and observe the earthquake simulating vehicle.

中央広場の防災訓練 Disaster Drill in the Central Plaza

1号棟～7号棟を6つのグループに分けて、中央広場での5つの訓練に参加します。

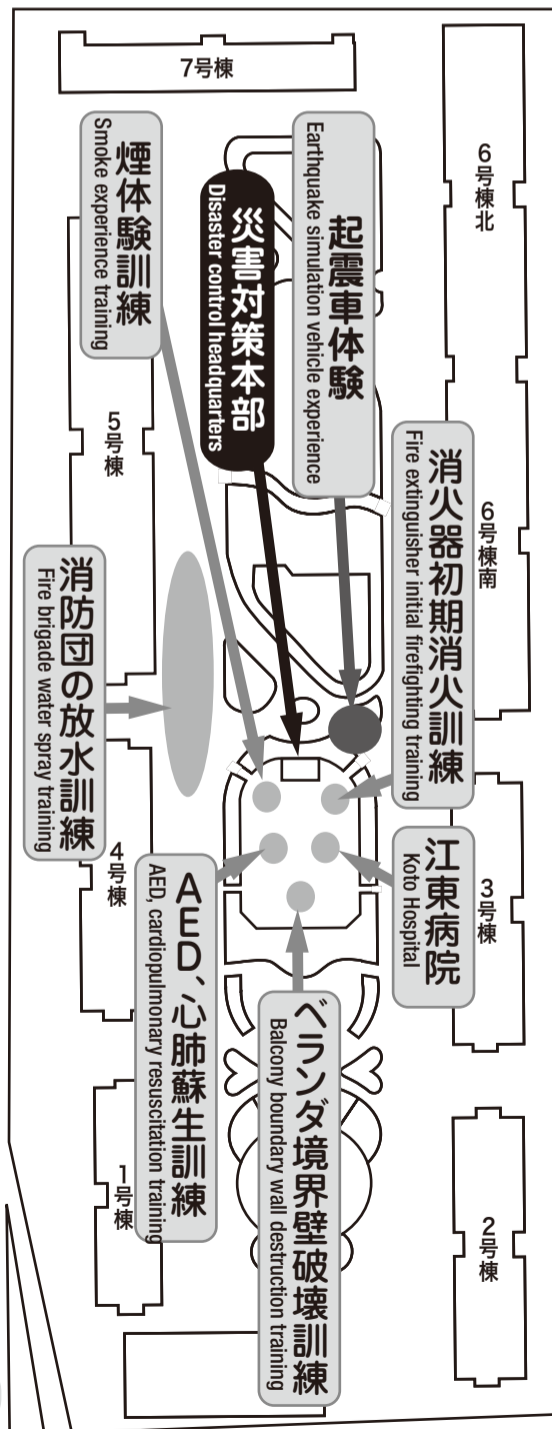
Residents of Buildings 1 through 7 will be divided into six groups and participate in five training exercises in the central plaza.

参加者は「防災通信」裏面のグループごとのタイムテーブルに合わせて、訓練に参加しましょう。

Participants should join the drill according to the group timetable on the back of the "Disaster Prevention Communication".

詳しくは裏面をご覧ください Please see the back for details.

2024年度防災訓練マップ 2024 disaster prevention training map



2024年度総合防災訓練タイムテーブル 2024 Comprehensive Disaster Prevention Training Timetable

今年の防災訓練は「起震車の体験」を中心に行います。This year's disaster prevention training will focus on the "earthquake simulator experience."

1・4号棟 2・7号棟 3号棟 5号棟 6号棟南 6号棟北 の6グループに分れて体験して頂きます。

You will be divided into 6 groups: Building 1 & 4, Building 2 & 7, Building 3, Building 5, Building 6 South, and Building 6 North, to participate in the experiences.

下のグループ(号棟)別の防災訓練タイムテーブルの指示時間に合わせて訓練を受けて下さい。

Please take part in the training at the times indicated in the disaster prevention training timetable for your group (building number) below.

訓練参加者はグループごとに、自分の号棟のタイムテーブルに合わせて、各訓練に参加してください。(訓練の場所は表面の防災訓練マップで参照)

Participants should participate in each training session in their own group according to the timetable for their building. (See the disaster prevention training map on the front page for training locations.)

	1、4号棟	2、7号棟	3号棟	5号棟	6号棟南	6号棟北
9:00						
9:10			4階エレベーターホール集合			
9:20	起震車			参加者名簿作り 安否確認		
9:30						
9:40	4号棟前で名簿作り 安否確認	起震車		中央広場に集合整列 参加人数の確認報告		
9:50						
10:00	中央広場集合、参加人数報告			ベランダ 境界壁破壊	AED、 心肺蘇生	初期消火
10:10						
10:20	初期消火	AED、 心肺蘇生	起震車	煙体験	ベランダ 境界壁破壊	江東病院
10:30						
10:40	江東病院	初期消火	AED、 心肺蘇生	起震車	煙体験	ベランダ 境界壁破壊
10:50						
11:00	ベランダ 境界壁破壊	江東病院	初期消火			煙体験
11:10						
11:20	煙体験	ベランダ 境界壁破壊	江東病院	初期消火	起震車	AED、 心肺蘇生
11:30						
11:40	AED、 心肺蘇生	煙体験	ベランダ 境界壁破壊	江東病院	初期消火	起震車
11:50						
12:00			煙体験	AED、 心肺蘇生	江東病院	
12:10						
12:20	消防団放水訓練					
12:30						
12:40	中央広場に集合、各号棟報告、挨拶 参加記念品配布					
12:50						

	Buildings 1 and 4	Buildings 2 and 7	Building 3	Building 5	Building 6 South	Building 6 North
9:00						
9:10	Earthquake simulation vehicle		Meet at the elevator hall on the 4th floor.			
9:20			Make a list of participants. Check safety.			
9:30						
9:40	Making a list in front of Building 4, checking safety	Earthquake simulation vehicle		Gather in line at the central square and report on the number of participants		
9:50						
10:00	Meet at the central square and report the number of participants.		Earthquake simulation vehicle	Balcony Boundary wall destruction	AED, cardiopulmonary resuscitation	Initial fire extinguishing
10:10						
10:20	Initial fire extinguishing	AED, cardiopulmonary resuscitation	Earthquake simulation vehicle	Smoke experience	Balcony Boundary wall destruction	Koto Hospital
10:30						
10:40	Koto Hospital	Initial fire extinguishing	AED, cardiopulmonary resuscitation	Earthquake simulation vehicle	Smoke experience	Balcony Boundary wall destruction
10:50						
11:00	Balcony Boundary wall destruction	Koto Hospital	Initial fire extinguishing			Smoke experience
11:10						
11:20	Smoke experience	Balcony Boundary wall destruction	Koto Hospital	Initial fire extinguishing	Earthquake simulation vehicle	AED, cardiopulmonary resuscitation
11:30						
11:40	AED, cardiopulmonary resuscitation	Smoke experience	Balcony Boundary wall destruction	Koto Hospital	Initial fire extinguishing	Earthquake simulation vehicle
11:50						
12:00			Smoke experience	AED, cardiopulmonary resuscitation	Koto Hospital	
12:10						
12:20	Fire brigade water spraying training					
12:30						
12:40	Gathering in the central plaza, reports from each building, greetings Participants will receive a commemorative gift					
12:50						

雨天決行！ Rain or shine!

雨天の場合は室内で行える訓練を、各号棟4階及び3号棟集会所内でおこないます。
In the event of rain on the day of the event, indoor training will be held on the 4th floor of each building and in the assembly hall of Building 3.