

REPUBLIC OF TAJIKISTAN

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NATURAL DISASTERS IN JAPAN

- Typhoons (July – October)
- Heavy Monsoon Rain (May – July)
- Floods
- Landslides
- Earthquakes
- Tsunamis
- Volcanic Eruptions
- Snow Avalanches

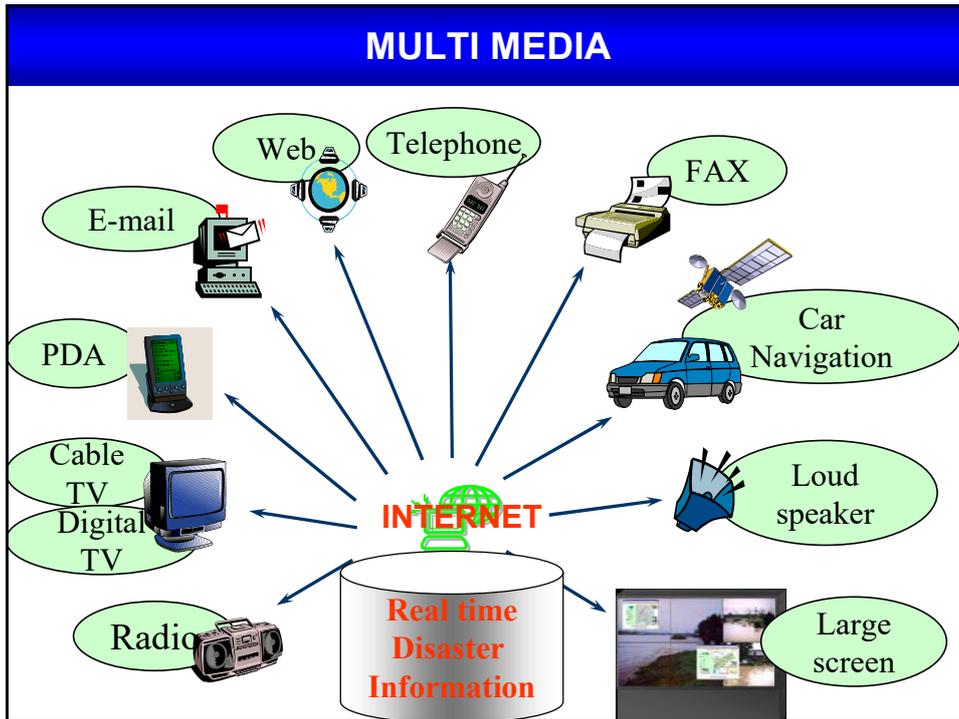


THE RESEARCHING PLACE

- OSAKA GAS
- NATIONAL RESEARCHERS INSTITUTE FOR EARTH SCIENCE AND DISASTER PREVENTION (NIED)
- JAPAN RED CROSS
- NHK BROADCASTING CENTER
- FIRE BUREAU IN JAPAN
- JAPAN METEOROLOGICAL AGENCY
- UNZEN VOLCANO
- HIROSHIMA MUSEUM

DISASTER MANAGEMENT IN JAPAN





HISTORICAL PLACE OF JAPAN



HISTORY OF SABO WORK IN JAPAN

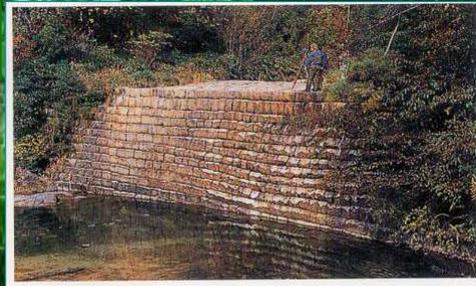
- Sabo works exist from the Nara and Heian periods
- The government in the Meiji Era invited engineers from overseas to introduce foreign technologies and systems in various fields to provide the basis for Japan in the modern era.
- The government also invited river engineers from the Netherlands to give guidance on securing river transport and maintaining the functions of harbors. One of the engineers, Mr. Johannis De Rijke

HISTORY OF SABO WORK IN JAPAN



Harmony with Nature

We have been working on global-oriented sabo works
In consideration of harmony between nature and humans,
and conservation of the ecosystem and earth environment.



The dam was built in 1878

SABO WORKS



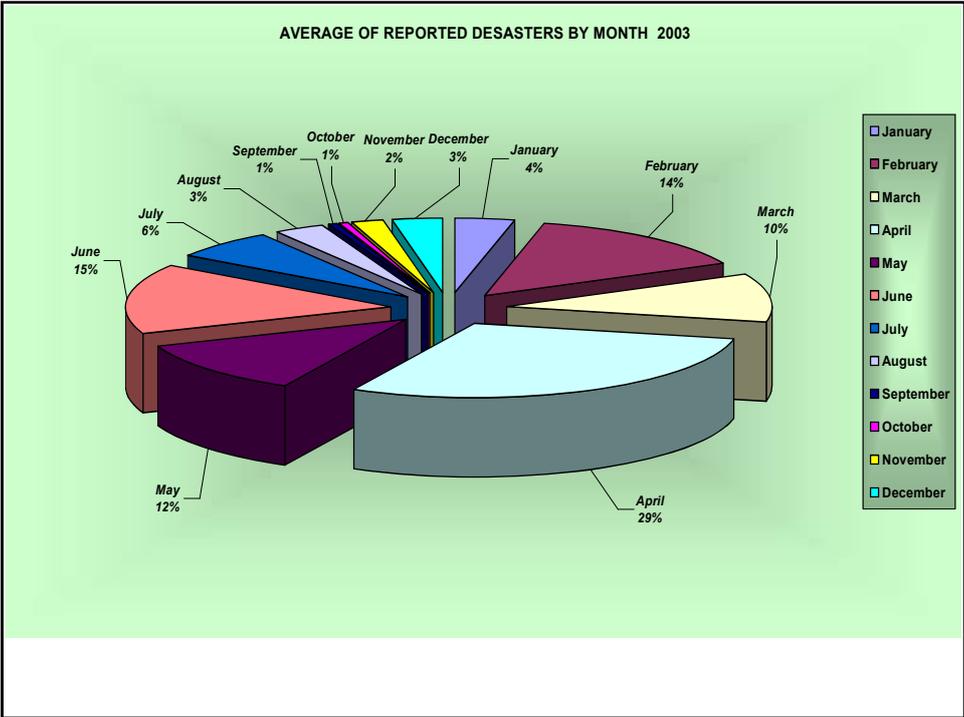
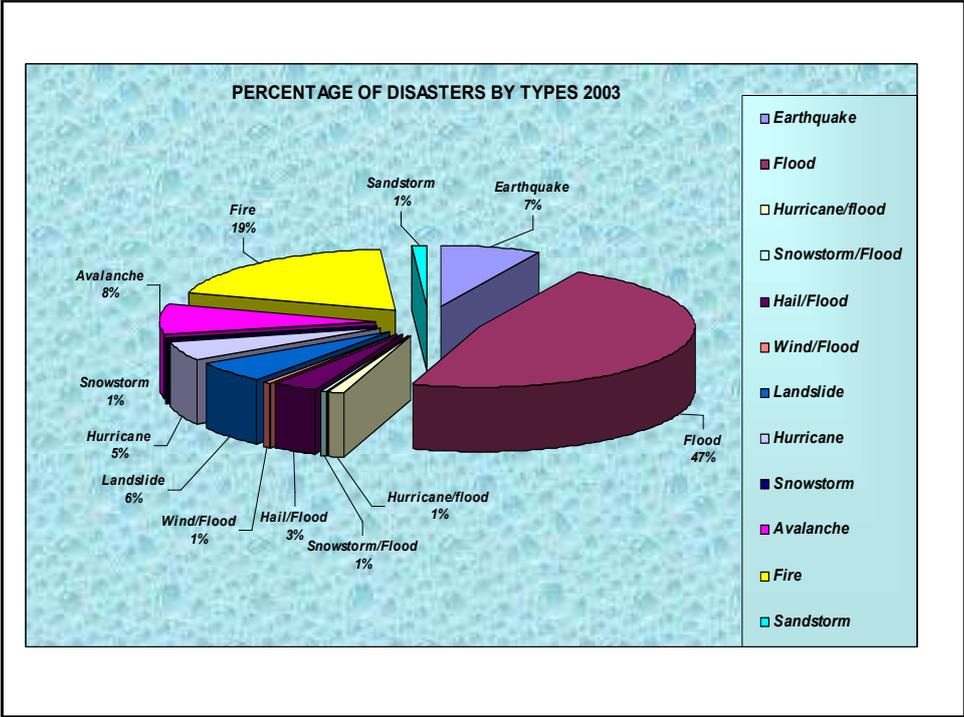
SHAKING TABLE IN JAPAN

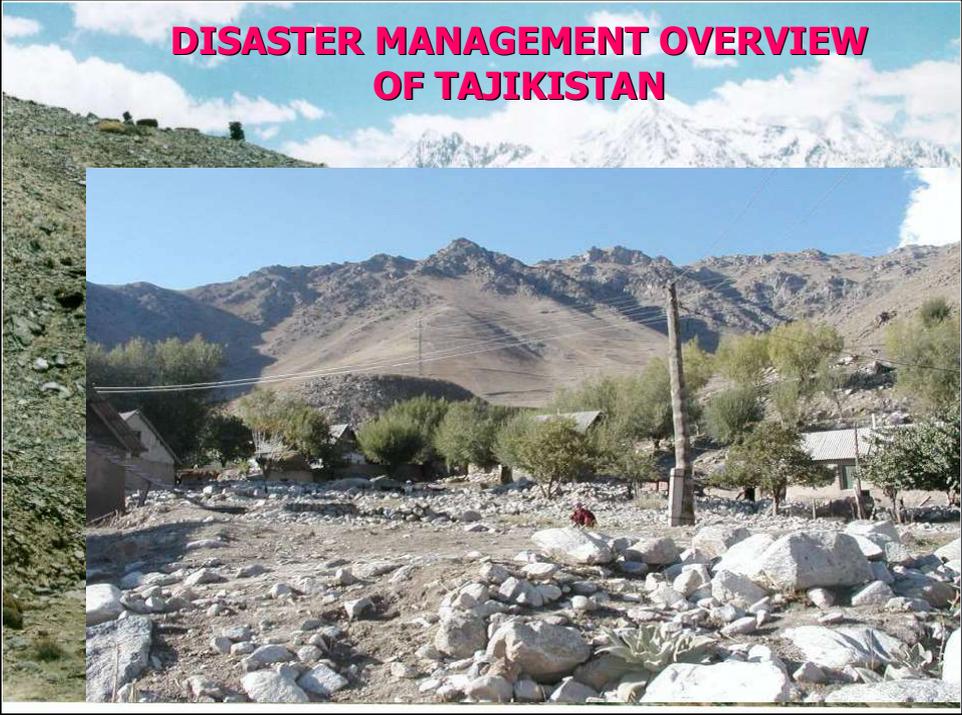
National Researchers Institute for Earth science and Disaster Prevention (NIED)

- 3D Full-scale Earthquake testing facility
- World's largest shaking table.
- Construction of this facility began in 1999 and ends in 2005.
- Shaking Table.
- (15 m x 20 m x 5.5 m) total weight 750 ton, total weight of up to 1200 ton.
- Financed by Mitsubishi company.

SHAKING TABLE IN JAPAN



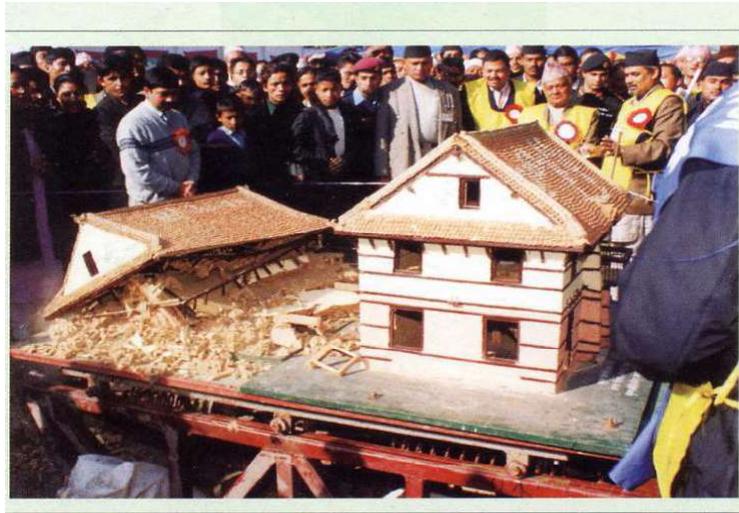




ACTION PLAN
SEMINAR ON DISASTER MANAGEMENT
SHAKING TABLE
SEMINAR TRAINING IN THE SCHOOLS
SABO WORKS IN TAJIKISTAN

DISASTER MANAGEMENT WORKSHOP
<ul style="list-style-type: none"> ❖ Project title: "Workshop on Disaster Risk Management (Training)" ❖ Starting Date: 2 July 2004 ❖ End Date: 2 September 2004 ❖ Implementing Agency: Ministry of Emergency Situations and Civil Defense (MoECD) ❖ Primary beneficiaries: Participants from Central and Local Governments, international Organizations, Educational sector, Privet sector, Media and NGOs

SHAKING TABLE



HOW TO DO CDR

1 Check for consciousness

Put one hand on victim's forehead, tap on shoulder with the other hand and ask loudly: "Are you OK?" or "Hello!" Check for reaction.



2 Call for help

If the victim is unconscious, yell: "Someone, call an ambulance!"



3 Open airway

● Tilt the head back and lift up the jaw. With one hand on victim's forehead, apply backward pressure, place the index finger and middle finger of the other hand under the victim's jaw and lift gently.

● Lift up the chin. Having a suspicion of a injury to the neck, lift up only the chin with both hands.



4 Check for breathing

While keeping the airway open, look at the victim's chest. Put your cheek close to the victim's mouth and nose, listen and feel any breath. Look at the victim's chest to see if it rises and falls. This should take 10 seconds.



Reference

● Recovery position

If the victim is unconscious but breathing naturally, lay victim in the recovery position to prevent choking on vomit. Move the chin forward and bend both elbows. One knee should be bent at a 90 degree angle to prevent the victim from rolling backwards.



5 Beginning artificial respiration

If the victim is not breathing, begin artificial respiration. Pinch the victim's nostrils between your thumb and index fingers while keeping the airway open.

Open your mouth widely. Cover the victim's mouth with yours and blow slowly. Give 2 breaths. If a foreign object is present in the victim's mouth, remove it with a finger sweep.



6 Check for signs of life (breathing, coughing, movement)

● While keeping the airway open, check for breathing.

● Look up, check for coughing or movement by looking over the victim's whole body.

● Check for signs of life within 10 seconds.

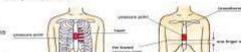
SPH3



7 Carrying out heart compressions

If there are no signs of life, perform heart compressions.

● Please practice heart compressions on a dummy or mannequin. Supervision is recommended.



● Check for the compression point

1. Place index and middle fingers below the ribs (See figure 1)
2. Trace these two fingers along the edge of the ribs to the middle of the chest (See figure 2)
3. Stop at the middle of the chest where the ribs come together. Place the heel of the hand where these two fingers are. This is the compression point. (See figure 3)



● Place one hand on top of the other. (The fingers may be entwined.)



● Keeping your elbows straight, press down 10.5-11cm (4 inches) 10 times at speed of 100 times per minute.



8 Performing CPR

Press down 15 times followed by 2 breaths. After carrying out this procedure 4 times, check for signs of life within 10 seconds. Repeat this procedure, checking for signs of life for 10 seconds every 2-3 minutes.



FIRE FIGHTERS



■同じ布で
例えば玄関先が燃えていても、身体を守って通り抜けられます。For instance, even if the entrance hall is burning, you can go through the fire protecting yourself with the same cloth.

■ストーブ火災も消火
ストーブの上に服が落ちて燃えても、地震が起きるまで、充分消火できます。Effective on a heater fire. Cover the fire with a wet bed sheet to put out fire. Even if a dress has dropped on a stove and is burning, you can easily extinguish fire after the earthquake has subsided.



①ぬいシーツを顔より上にあげます
Hold a wet bed sheet above your face.



②ぬいシーツの下を5cm位踏んで前へ進みます
Advance while stepping on about 5cm from bottom.



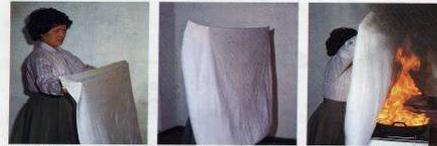
③思い切り手を突き出す
Jerk your hands forward.



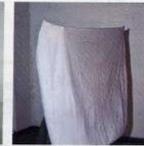
④まわりが「よし」がないようにします
See to it that it is completely covered.

(38) 11ページをご参照下さい
refer to page 11

■ぬれ布の効果 天ぷら油が過熱、燃えだしたらぬらしておく布は、本輪で約1m 50cm角、大きいことがコツです。A wet sheet is effective. If a frying pan catches fire. If oil in a frying pan ignites, wet an about 1 m 50cm square cloth. The knack is to use a large one.



①この布を素早くひろげ
Stretch quickly a wet sheet.



②顔より高く持ちあげます。ぬらした布は、火がすけてみえます。
Hold it above your face, and you can see fire through it.



③そのまま、ガス台に出るまで前へ進みます。
In that way, advance toward the gas range until you come to it.



④両手を前方に思い切り出します。
Jerk your hands forward.



⑤かぶれば、うそのように火が消えます。
Cover the face, and it will be out incredibly.



⑥ガスの火を消すこと忘れずに。
Do not forget to turn off the gas fire.

※天ぷらをあげている時、地震が来て油がとびかっつても、大事になりにくいので、やけどをしないように、まず緊急な所まで退避することが大切。
Since a fire seldom starts even if oil flies about when an earthquake occurs while you are frying Tempura, it is important to step back first of all to a safe place so that you will not get burnt.

(39)

DISASTER OVERVIEW OF TAJIKISTAN





THANK YOU!



DOMO ARIGATO

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Mata suguni aimashou ADRC



**I wish all of you the best wishes
Rahmonov Suhrobsho Abdurahmonovich**