



For You
For Youth
臺北好young



Taipei City Government

DISASTER PREPAREDNESS TAIPEI

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Preface

Taipei City is no stranger to natural and man-made hazards. Many of us will experience minor emergencies throughout our lives – power cuts, the car breaking down, or a burst water pipe, while some of us may be unfortunate enough to be involved in a major emergency of the type we plan for in Taipei City. You may also experience different kinds of disaster here in Taipei from those in your home country. Therefore, it is especially important to prepare yourself and learn about what to do in a disaster.

Disaster Preparedness Taipei is Taipei City's public education campaign. This handbook aims at providing foreign visitors with good understanding of the most common hazards-**earthquake, typhoon** and **fire disasters** in Taipei City, as well as fundamental **first aid skills** that you might need to save yourself and others during the primary stage of an accident. Through this handbook, you can learn to prepare for different types of emergencies by having an emergency plan, choosing a meeting place, helping to look after yourself and your family, and confirming your safety. By following these simple tips you and your family can be better prepared to cope with both minor inconveniences and more serious emergencies.



Catalog

Earthquake 001

What should you do when there is an earthquake? Simply imagine the scenario BEFORE, DURING and AFTER an earthquake, what are some proper emergency evacuations/responses you can do? Let's get started !



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Typhoon 055

Typhoons, which pass through Taiwan, will definitely affect Taipei city during monsoon season from July to September every year. For this foreseeable natural disaster, sufficient preparation before typhoon arrives would play an important role in protecting you and your family's safety. Therefore, let's start preparing!



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Fire 063

Fires occur frequently in our lives. Since it is very destructive and it is not constrained by time, people often fear for it. In order to stay away from the threat of fire disasters, people should acquire the professional knowledge to make correct decisions.



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Use understandable signs and patterns to demonstrate many first aid skills for disasters or accidents. Everyone has to learn it !



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Earthquake

It is very common for citizens in Taipei city to encounter earthquakes. We often think that our citizens have sound knowledge about earthquakes. People have different understanding about earthquakes; there are optimistic people that do not believe a severe earthquake can occur in Taipei city. To assure minimal future damage from earthquakes, all the citizens have to be prepared.



Is it Earthquake ? Is it shaking ? What should I do ?

When earthquakes occur, people tend to panic and forget what they're supposed to do. People's brains go blank for approximate 10 to 15 seconds, or they feel shaking until they start taking action. However, the surrounding conditions may be changed by earthquakes during this short period of time. Safety preventions would be more difficult because of the change of surrounding environment during an earthquake. As a result, the risk of being injured will enhance significantly.



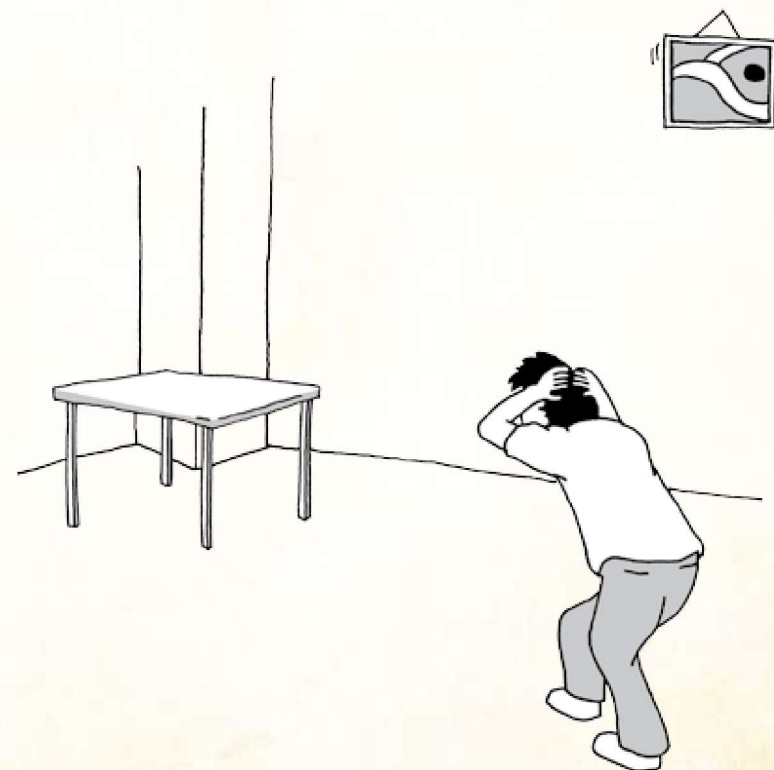
What should I do during an earthquake?

“The shaking while an earthquake may result in a variety of dangerous environments, which can cause injury or even death. So we must take the appropriate immediate actions and pay attention with surrounding environment.



Do not think too much, move faster and protect yourself

Each second during an earthquake is crucial. First thing you should consider is to protect you and your family's life. You should use your arms to cover your neck and head, lower your body, and keep yourself staying at a safe position to evacuate.

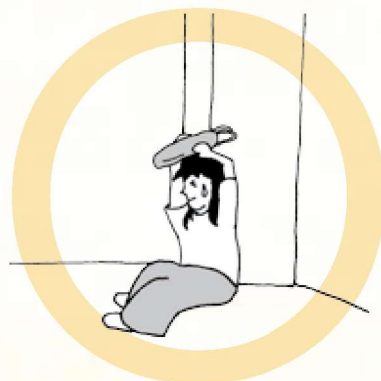


Decision making of emergency evacuation locations

The primary safe emergency evacuation location for people is the solid table because it can provide space for people to hide in it. If you can't find a solid table then the building wall pillar would be your second option. In addition, remember to use your personal belongings to protect the head from being injured.



Solid table



Beside wall pillar



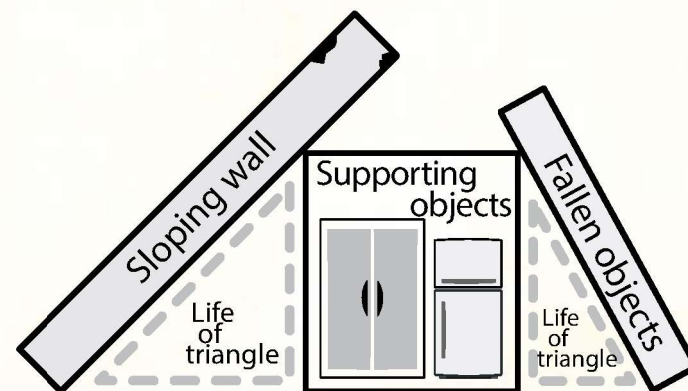
Glass Surface table



Short table

Misleading concept “The triangle of life myth”

The myth of “the triangle of life” has been discussed following the 921 earthquakes in 1999. When the building collapsed, ceilings fall upon the objects or furniture. There will leave a space so-called “The Triangle of the Life Myth”. The larger and stronger the object, the less it will compact; the less it compacts, the larger the void next to it will be. Therefore, people can use this space to lower their chance of being injured.



In fact, The triangle of life myth is very dangerous. Why is this myth dangerous?

Since an earthquake can change the surrounding environment. The damage of earthquake is major from the change of building environment. The danger may be due to falling items, heavy furniture dumping and other non-structural damage, as well as building collapse, floor subsidence and other structural damage.



Note: Imagine the situation of “the triangle of life” and how you can evacuate.

It is impossible to predict where those safe spaces will be while surrounding areas are changing. The most common phenomenon is that people think the self-expected “The Triangle of the Life Myth” may be generated. However, the horizontal displacement of furniture or objects causing the disappear of the space and people injured.



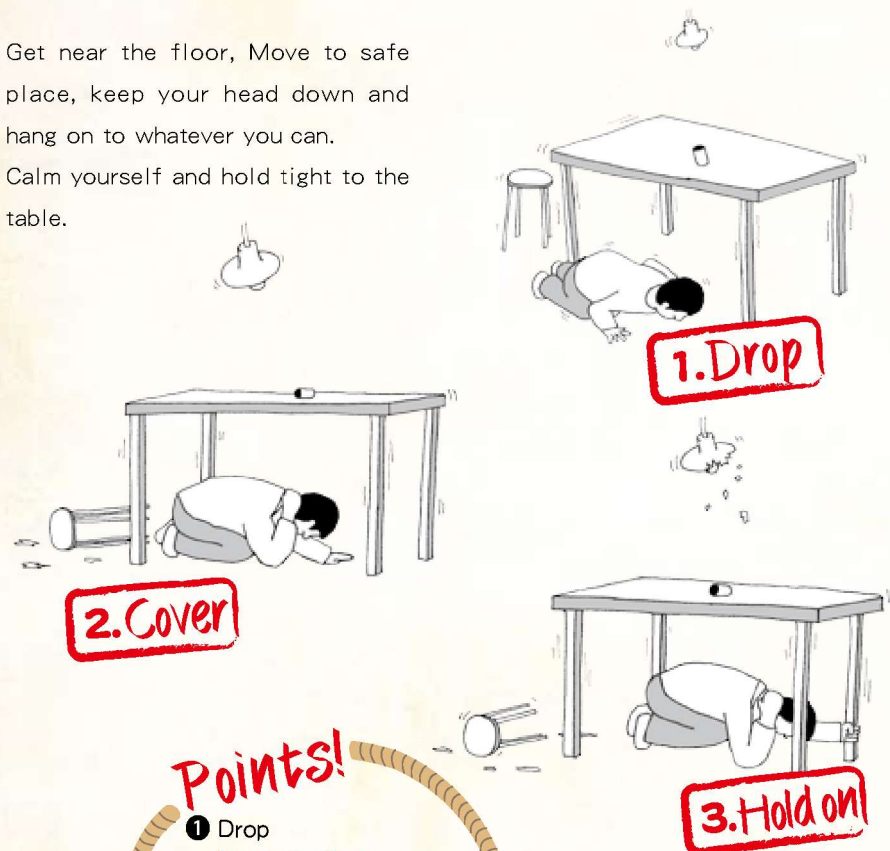
Warning :

People can get hurt during earthquakes because the objects can be shifted while people looking for cover.



3 steps to protect yourself during earthquake shaking : self-protecting actions

Get near the floor, Move to safe place, keep your head down and hang on to whatever you can.
Calm yourself and hold tight to the table.



Points!

- 1 Drop
Drop to the floor.
- 2 Cover
Take cover under a sturdy desk or table.
- 3 Hold on
Hold on until shaking stops.



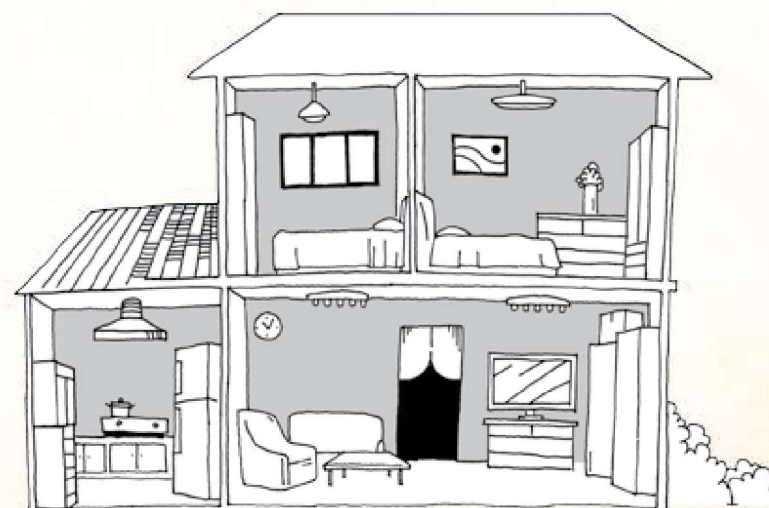
Note :

You can look for more details from <http://www.shakeout.org/>
The steps above are the basic principle. However, adjustment should be made according to the current situation in order to protect yourself.

Dangerous environments and Hazards that could be caused by earthquakes

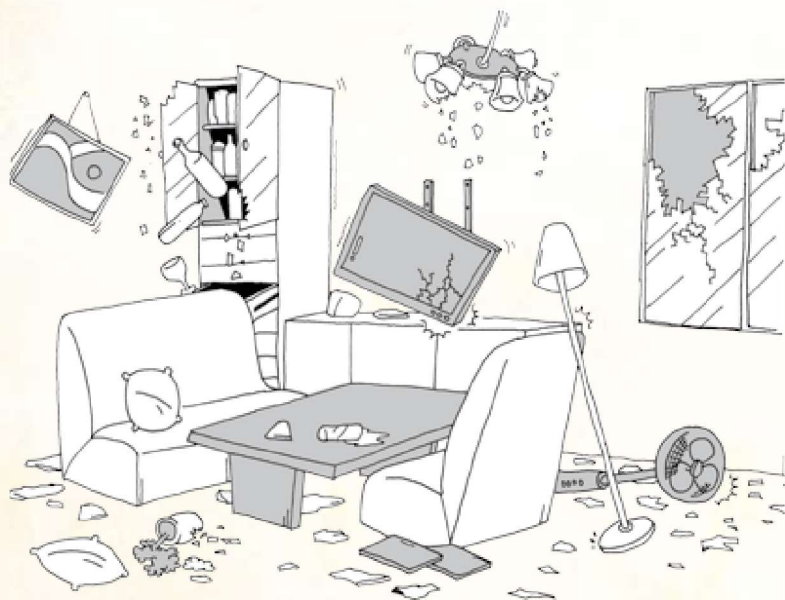
Home

The decoration of each house is different. Sometimes we see spaces are filled up with large furniture and decorations. That will make your evacuation route unclear during earthquakes and sometimes it will even hurt people.



● Living room

When you feel shaking in your living room, pay more attention to the furniture, windows, doors and light bulbs. Why? This is because your furniture may shift, your windows and doors may be squeezed out of shape and light bulbs may be broken into fragment glass that may hurt you. As a result, move to the safe places in your evacuation route.



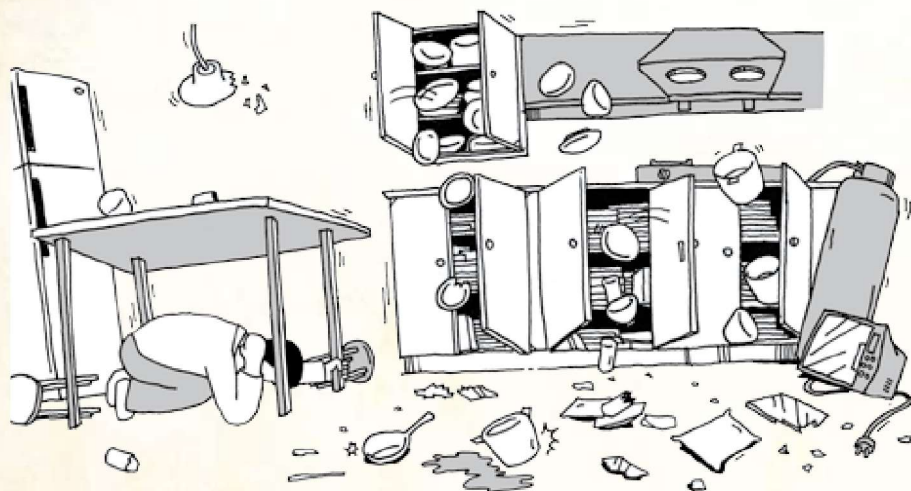
● Bedroom

You may not be able to hide under solid furniture during earthquakes in your bedroom immediately. Therefore, you should use your personal belongings or both of your hands to protect your head and move to safe places carefully. Also, it would be better to prepare thick flip flops and flashlights in your bedroom and leave them in convenient locations, to make sure you use it instantly during earthquakes.



● Kitchen

Kitchen appliances such as refrigerators, ovens, microwaves and other appliances may move due to earthquake shaking. You may be hurt by falling objects such as bowls or knives. Therefore, stay away from larger furniture and move under a solid table to wait until earthquakes are finished. Turn off all your fire related controls at home immediately after earthquakes.



● Bathroom

People may become trapped in the bathroom easily during an earthquake due to it often being a restricted, small space. Find some tools around you to protect yourself from being hurt by fragments of mirror and move to a safe place as soon as possible. You can protect your skin by covering yourself with whatever is at your disposal.



● Balcony

You should bent down your knees immediately during earthquakes on the balcony. Stay away from water spray, the external compressor of your air conditioner and keep close to the wall to avoid injury or falling off accidentally.



Others

● In Schools

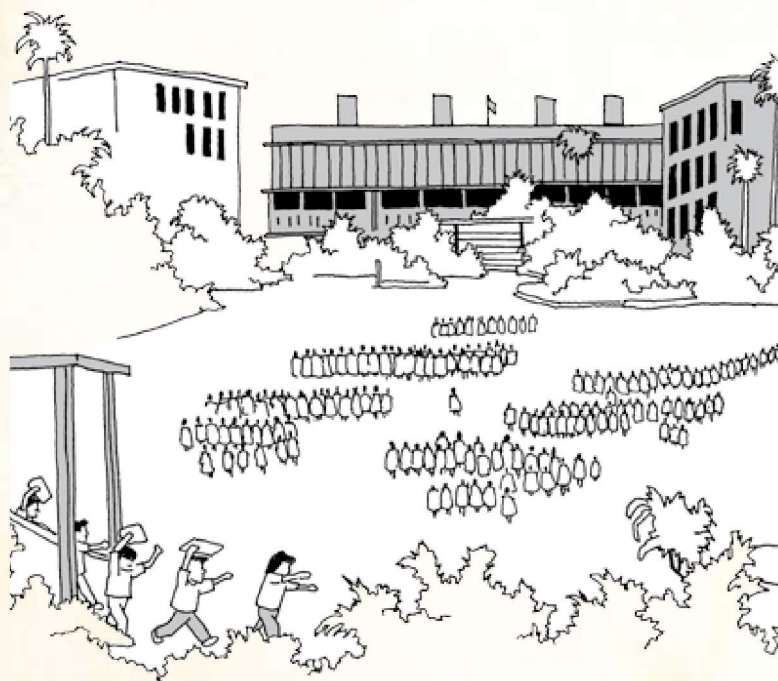
① Inside the classroom during earthquakes:

Teachers should instruct their students to hide under their table, keep away from windows and use their belongings to cover their head. If you are in the middle of stairs then hold tight to the bar handle and bent down to a lower body position in case you fall off from the stairs.



② Move to open spaces after earthquakes:

Everyone should use their books to cover their head and move to the safe open space. Also, students should not push, run or talk during this time to enhance the efficiency of evacuating.



● Stations

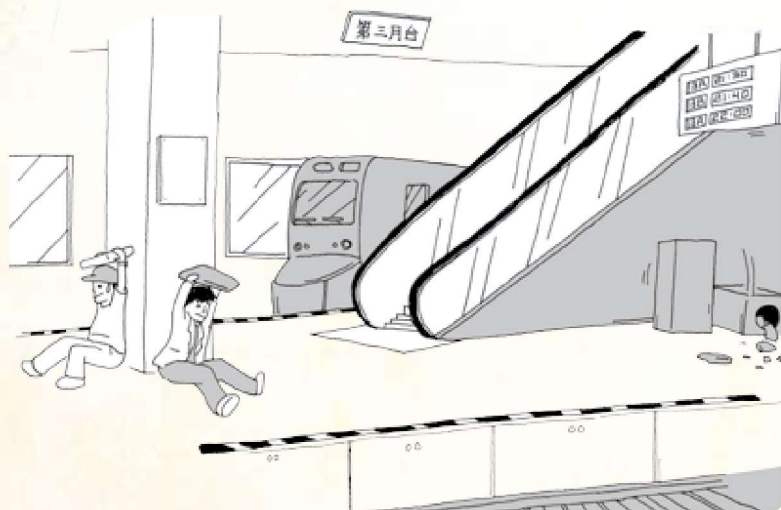
① Station square lobby

There will definitely be many people in a station's lobby, choose the closest pillar to cover yourself from being injured. Do not rush to the exit while you panic and do not use the escalator to prevent falling accident. Please follow the broadcast and staffs' instructions to evacuate correctly.



② Platform

If you encounter earthquakes on the platform, find the closest wall or pillar to protect yourself. Do not rush to from the platform as the pushing is very dangerous on the platform. People may be push to fall off to the rail track. It is fatal to walk on the rail track as you can be electrocuted or hit by a train. Therefore, please follow the station staffs' instruction after earthquakes.



● Office

During earthquakes in the office, be aware of falling shelves and broken glass. The higher the building, the more intense the shaking is. Therefore, you should anchor your office equipment to make sure they are stable during earthquakes. Also, everyone should hide under the tables immediately to avoid injuries from falling objects. As a result, clear empty space under tables can play an important role in protecting yourself.

Remember to use the stairs at the emergency exit. It is prohibited to use elevators.



- Department store/ Outlet/ Stores

If you encounter earthquakes in the department stores, outlets or convenient stores, it is essential to use your personal belongings to protect your head from falling products on the shelves. You should move away from the merchandise area and move toward a wall or a pillar to evacuate.



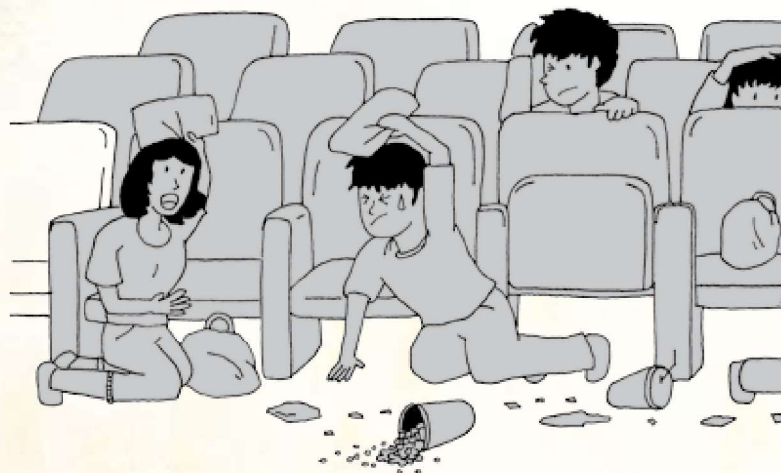
- Night markets/ Markets

There are usually many people in traditional markets or night markets. It is dangerous if you face earthquakes in night market since there will be many booths selling hot foods. Move to a clear area if you can safely do so. Avoid power lines, signboards, vehicles and other hazards.



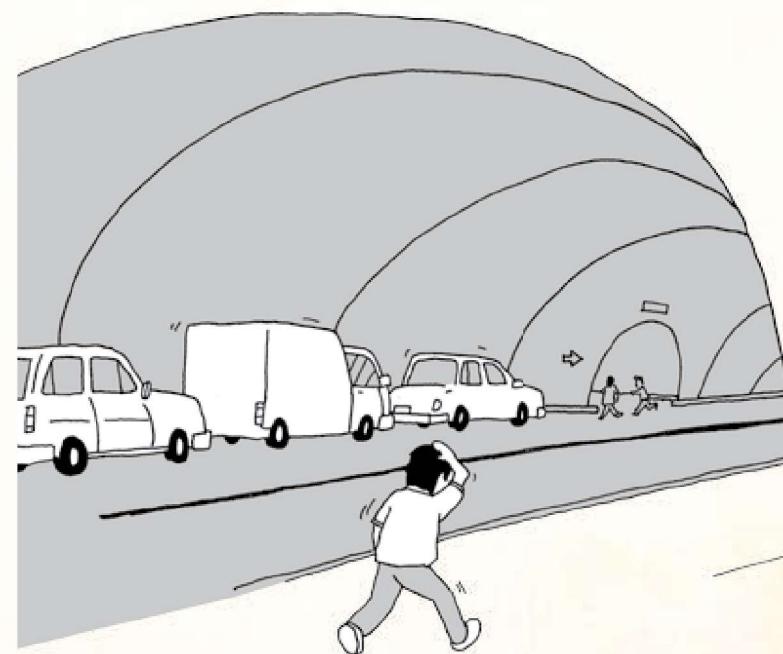
● Theater/ Gym

If you encounter earthquakes in places with many people like theaters, make sure you follow the broadcasting or the staffs' instructions. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the after shocks.



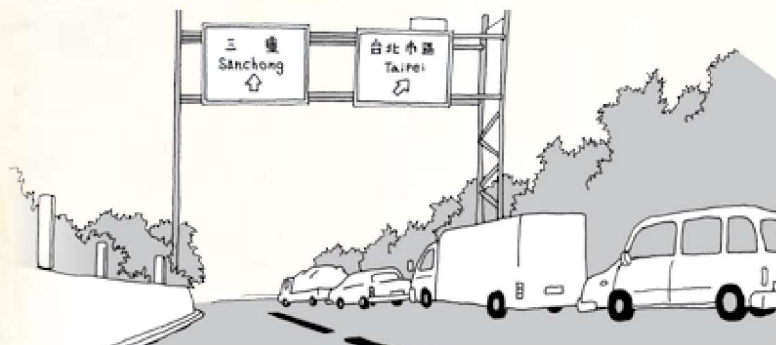
● Tunnel

The courtyard ceilings and walls in the tunnel might collapse due to earthquakes. If you have clear sight of the exit, then slow down and drive toward the exit. On the other hand, if you do not have clear sight then park your car on the side with warning lights on and quickly walk toward the exit.



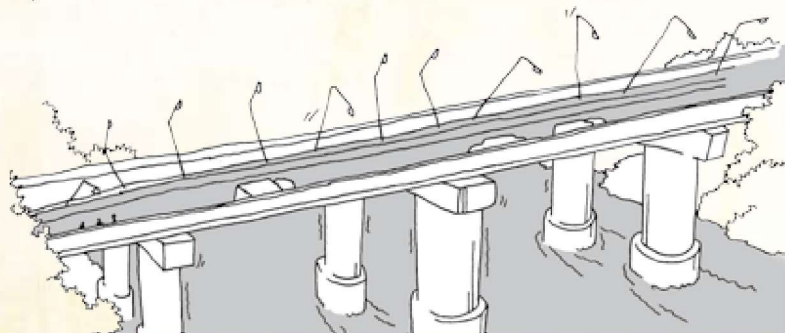
● Highway

To avoid car accidents on highways during earthquakes, everyone should slow down and park their car on the side. At the same time, listen to the radio broadcast for the latest information of accessibility on the highway.



● Bridges/ High trestle bridge

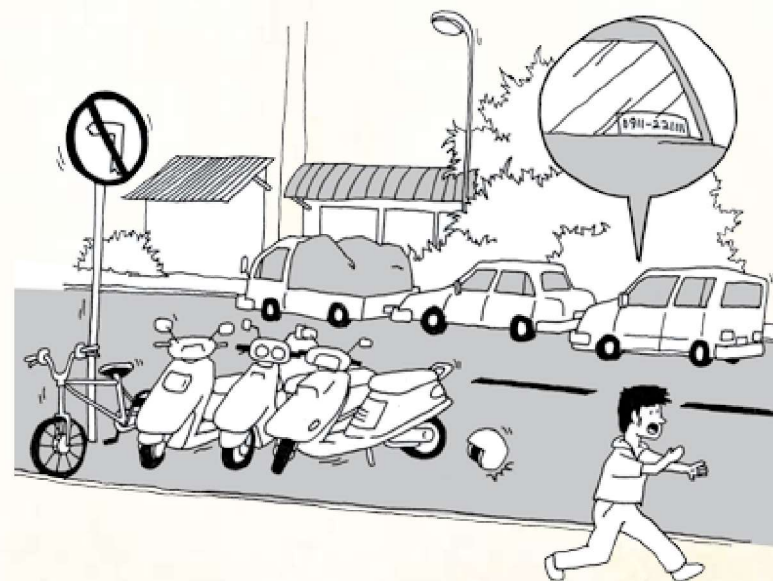
Since earthquakes can damage the structure of bridges, everyone should get off the bridge immediately. If you are on high trestle bridges, you should park your car on the side with warning light on to avoid secondary crashes.



● Land vehicle

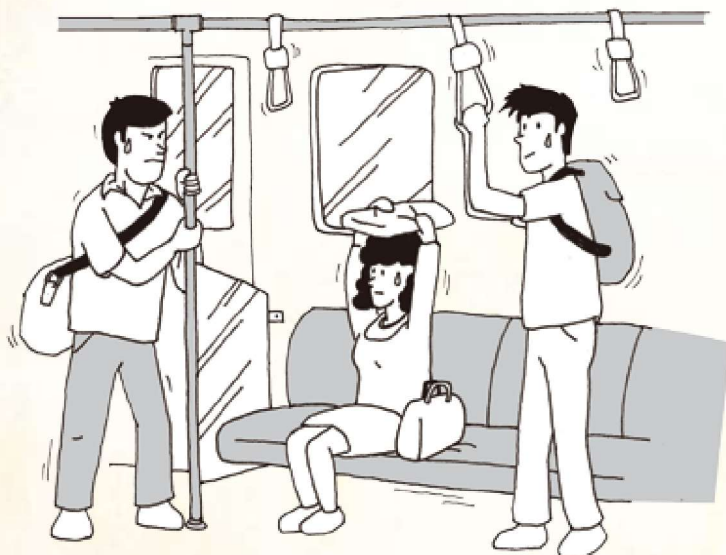
① Cars/Motorcycles/Bikes

Moving cars/motorcycles/bikes should turn on their warning lights during earthquakes to remind cars behind you from an instant brake. Cars should gradually slowdown and park on the side to avoid accidents from motorcycles and bicycles. Car owners should keep their personal belongings with them and evacuate to open spaces. Also car owners have to make sure they leave their contact information in the car and do not lock their cars so they can be contacted to move their car later.



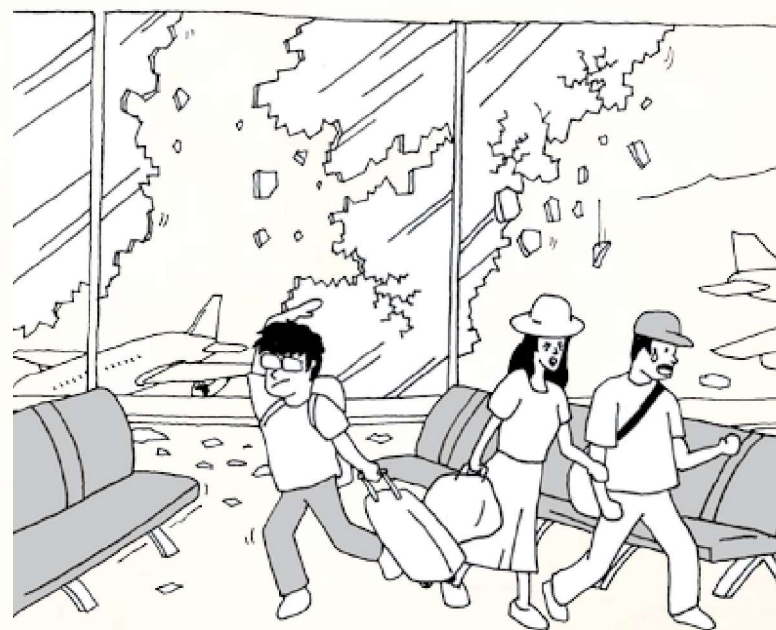
② Trains/MRT/HSR/Buses

Public transport may stop their vehicles instantly due to earthquakes. As a result, passengers may fall down because of sudden breaking. If there are many people in the carriage, you should always hold tied to the handles and spread your legs in order to reduce your chance to fall on the ground. As for passengers on their seats, they should use their backpacks to protect their head and wait for staff member's instruction.



● Airports

Airport buildings are usually designed with a lot of glass. It is beautiful to have many glass designs but it is also really dangerous during earthquakes. Glass might be broken and fall off from the windows and ceiling. Therefore, people have to stay away from areas that might have falling objects and move under a table or pillar immediately.



● Temples

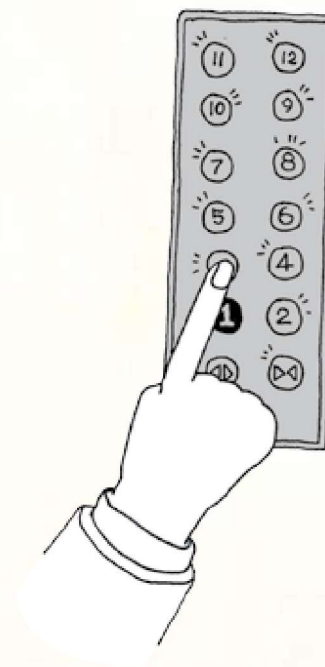
Ancient buildings usually have a low shock-proof coefficient that these buildings can easily be destroyed during earthquakes. Also, people need to be aware of decorations in ancient buildings as they may fall off easily. They can use their personal belongings to protect their head.

After earthquakes, follow the staffs' instructions to evacuate to avoid a secondary time disaster.



● Elevator

If you encounter earthquakes while you are in an elevator, you should lower your body's center gravity or squat to prevent falling. At the same time, press the buttons of all floors and get out of the elevator once it stops immediately. However, if you are stuck in the elevator, please use the emergency call button to ask for help.



● Mountainous regions

Earthquakes can cause debris flow, hiking pass collapse and mountain shifts that will make people fall off from the mountain. You should leave the mountain area as soon as possible to avoid the damages from aftershocks and heavy rains.



The following steps after an earthquake

Home

① Are your family members safe? Are they injured?

You should confirm you and your family members' safety right after the earthquakes stop.



② The safety check up of your home surrounding environments

After confirming the situation of your family members, you must confirm the home environment safety immediately. Also, put on your shoes to avoid walking barefoot before you clean up dangerous objects on the floor. At the same time, you should confirm whether there is a potential risk of secondary injuries.

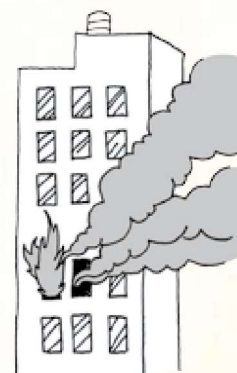


“As the earthquake may also cause damage to the electrical wire or electrical failure, you should turn off damaged electrical systems in order to prevent a fire.

Other Places

① Potential disasters (Secondary disaster)

People are usually still in a panic state after earthquakes and there may be secondary disasters like post-earthquake fires, building collapse and overcrowding. As a result, In order to avoid being involved in secondary disasters, you should stay in places (schools, companies) which are safe.



Risk of fire disasters



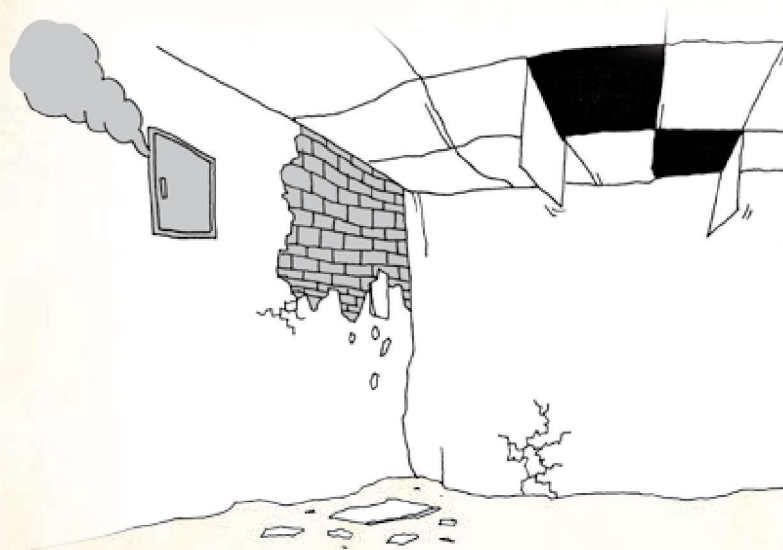
Overcrowding



Building collapse

② Assessment of potential risks

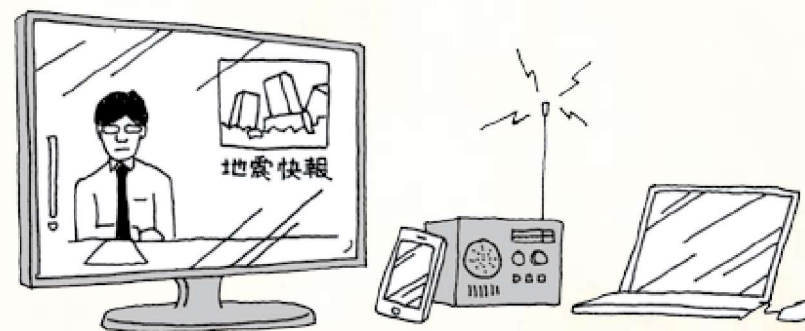
If there are potential dangers such as wall or beam cracks, tiles or floor tiles peeling, ceiling deformation, and indicators of fire such as smokes. Retreat to safer areas immediately.



Decide your emergency evacuation direction

Acquire correct information

Always have a plan in mind to make sure you take the safest route. To make sure your plan is a good plan by acquiring accurate information is vital to ensure your evacuation route. There are a few ways to gain correct information such as listening to the radio, watching TV news, checking on smart phones, and browsing government websites.



Shelter in place



① At home

The best way to confirm the safety of your home environment after earthquakes is to acquire the earthquake information through the mass communication tools. Also, the best option for refuge is to take shelter at your home when there are daily storage supplies.



② At other place

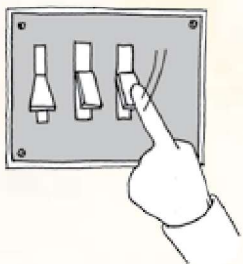
You should always tell your parents about your plan to make sure they can get contact with your family members during earthquakes. Keep in mind that if you can confirm your current location is safe then you do not need to go back to your home immediately. This is because you may get injured on your way back home.

Evacuations

According to the Great Hanshin Earthquake in Japan, approximately 10% of people died due to the fires caused by earthquakes. Many structural damages caused the housing collapse which can lead to deaths. As a result, be aware of notice of government agencies, police or fire brigade to begin to prepare for evacuation. Lastly, be sure to confirm the home security situation to avoid a fire before evacuation.

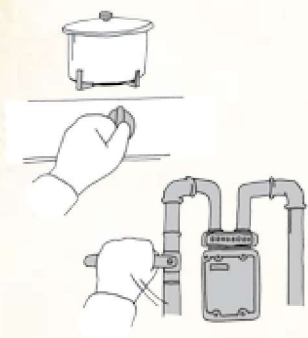


Things you need to pay attention to during the evacuation



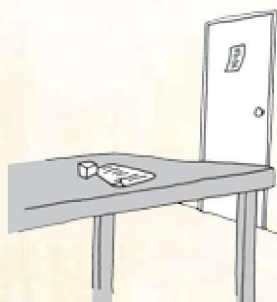
① Turn off power

There may be power outages, line interruptions, electrical products damaging after earthquakes. Therefore, you have to turn off the power switch after earthquakes in order to prevent fire when the power come in again.



② Turn off fire sources and gases

In order to prevent damaging to gas pipeline, barrel gas pipeline or gas stove joint from earthquakes, make sure you turn off all the fire sources and gas switches before leaving your home to prevent leakage and gas explosion.

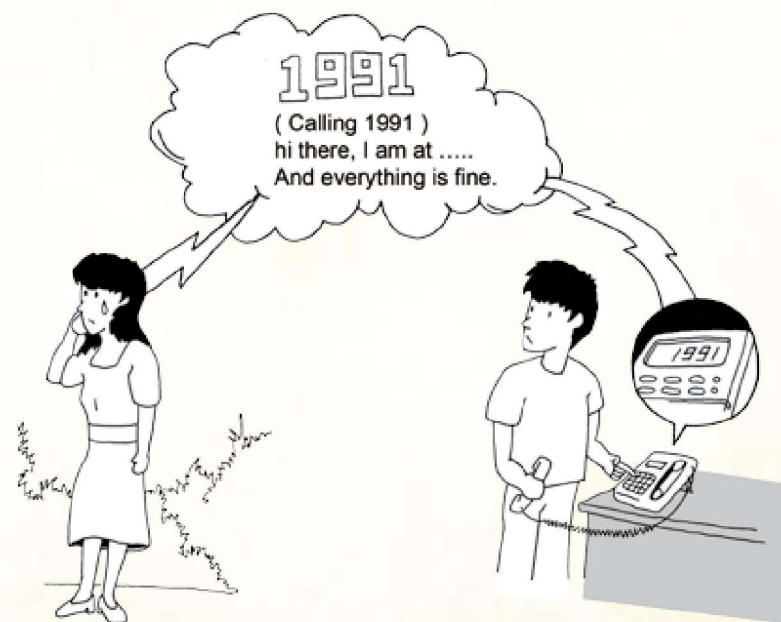


③ Place a sticker note to inform your family members that you are safe

Always leave messages for your family members to make sure you can get contact with them after earthquakes. It will be easier for them to see your note on the wall and door.

④ Leave a voice message at 1991 call platform. (website: www.1991.tw)

When there are severe disasters, your phone may not work in damaged areas. Therefore you should call this system before earthquakes to record a message. This way you can still know your family' s condition when you guys are separate.



Things you need to pay attention to during the evacuation

Preparation of self-protecting equipments

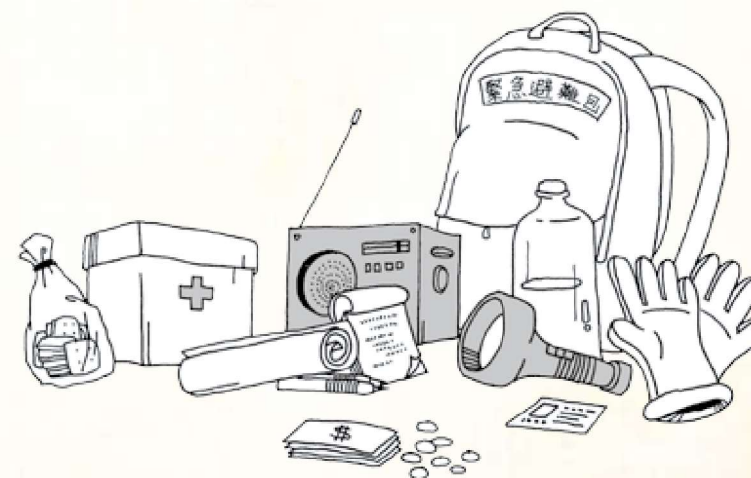
- ① Hats, clothes, pants and shoes that can keep yourself warm.

There are too many uncertain factors to worry about during refuge. You have to keep yourself warm so that you can handle other factors without worrying about the cold.



- ② Gather supplies - Go Bag

Everyone in your household should have a Go Bag — a collection of things you would want if you have to leave in a hurry. Your Go Bag should be sturdy and easy to carry, like a backpack or a small suitcase on wheels. You'll need to customize your Go Bag for your personal needs, but some of the important things you need in your Go Bag include: gloves, flash lights, first aid tools, copies of important documents, battery-operated radio, cash, notepad and pen.



Plan the closest and safest route

After the earthquake, the road condition will be unclear and the disaster risk will increase as well. It will be more likely to get injured and the rescue time will take longer. Therefore, your route should stay away from wires and cables as far as possible.



Dangers you may encounter while evacuating



① Fallen wires

If you see broken wires, you should report to electricity company or call 1999 to ask for help. Do not touch the broken wires and stay away from them.



② Anything that can be dangerous on the ground

Be aware of broken glasses, rocks and holes on the ground to avoid any injury that might slow down your evacuation.

Things you are not allowed to do during evacuations



③ Cracked walls, pillars and tiles

There is a higher chance of collapse when you see a crack on the building's wall and witness falling tiles. Therefore you should always stay away from this type of building.



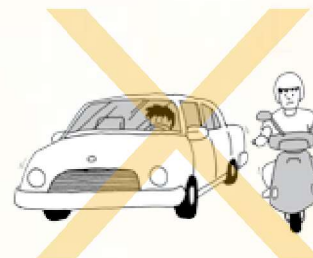
④ Be aware of falling objects above you

Always be aware of falling objects above you while you are moving. For instance, signboards, flower pots or glasses.



① Do not use elevators

Elevators may be temporarily out of order after an earthquake. Therefore, do not use elevators during this time to make sure you will not be stuck in elevators.



② Do not drive cars or ride motorcycles during this time

Since roads may be damaged and filled with many obstacles after earthquakes, there is a higher chance of accidents occurring if you decide to use your vehicle. With accidents on the roads, more time will be needed for rescue teams to get to the disaster areas. Therefore, walking on foot would be a plausible option to evacuate to safe places.



③ Do not walk bare foot

Do not walk bare foot on the road after earthquakes because you may become injured and be unable to evacuate.

What should I do when I am stuck?



① Yelling

Yelling is a good way to get the attention of rescue teams and surrounding citizens. However, you have to conserve your energy carefully that only yell when you notice people are approaching you.



② Knocking in orders

Use anything around you to create knocking-sounds with patterns is a very efficient way to spread your sounds out to catch people's attentions when you are stuck underground. The reason is that sound travels faster in solid materials than in air. Thereby knocking-sounds will be more efficient than by yelling to spread your sounds.

③ Use your telecommunication devices to look for helps

Use your mobile phone to report your situation to the rescuer. Please make sure you indicate where you are clearly so the rescue team can save more time and energy.

Help yourself and others

Helping Yourself

Take care of your family by using your knowledge and experience before the rescue teams arrive.



Helping Others

It is very important to help each other during disasters because the rescue team will not be able to find you immediately. If people can help each other, the probability of survival is greater.

① Do not hesitate to ask for help or help others

A request for help can matter a lot more than you think. No matter if it's helping others or asking for your help, effective cooperation will increase the likelihood of more lives being saved.



② Use the limited resources around you

Think of ways to utilize resources around you to solve problems during disasters.



③ Initial dispatch emergency disposal (First aid)

There will be many people injured when earthquakes occur. The traffic will be stuck so the ambulance cannot get to the destination easily. As a result, people must have knowledge about first aid in order to help others before the ambulance arrive.

(For more information please check page 78)



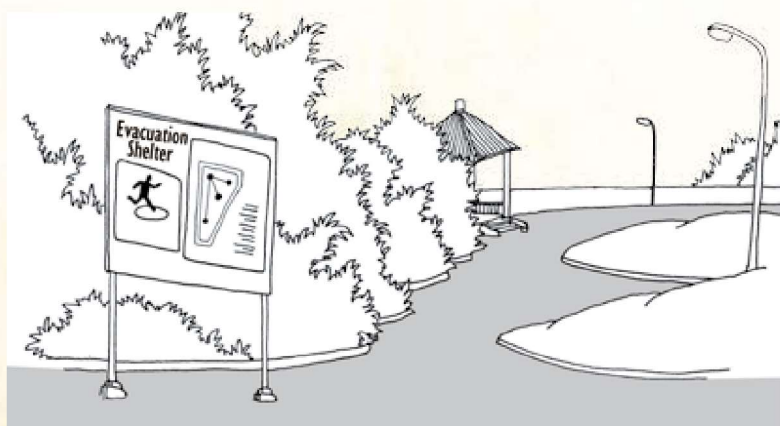
Emergency Sheltering

Refuge

In order to provide citizens with safe emergency evacuation refuge, the government has set administrative emergency evacuation parks and schools in the city.

① Emergency evacuation (Disaster prevention) parks

There is one large emergency evacuation park in each administrative district in order to provide citizens a place to refuge when there is a disaster. On the other hand, citizen can utilize the park as a place to exercise or to rest when there is no disaster. For more information about the disaster prevention park in Taipei city. (For more information please check page 52)



Taipei City's disaster prevention park

No.	Name of Parks	District	Surface area	Location	Resources
1	Youth park	Wanhua	244,406 135,024	No. 199, Shuiyuan Rd,	Hospital: Xi-Yuan Hospital Fire station: Shuang Yuan Station Police: Wanhua Station
2	228 peace memorial park	Zhongcheng	76,180 31,636	No. 3, Ketagalan Blvd,	Hospital: Taiwan University Hospital Fire station: Chengzhong Station Police: Zhongzheng Section 1 Station
3	Rongxing garden park	Zhongcheng	65,192 9,729	No. 1, Section 3, Minguo E Rd	Hospital: Mackay Memorial Hospital Fire station: Yuan Shan Station Police: Zhongshan Station
4	Yuquan Park	Datung	19,265 8,732	No. 28, Xining N Rd	Hospital: Zhongxin Hospital Fire station: Yanping Station Police: Datung Station
5	Jinghua park	Wenshan	16,802 5,400	No. 55, Jinghua St	Hospital: Wanfang Hospital Fire station: Jingmei Station Police: Wenshan Section 2 Station
6	Daan forest park	Daan	259,354 189,744	No. 1 section 2 Xinsheng south Rd	Hospital: Ren-ai Hospital, Cathay Hospital Fire station: Jinghua Station Police: Daan Station
7	Minguo park	Song shan	27,458 11,144	No. 180, Section 4, Minguo E Rd	Hospital: Tri-service General Hospital Fire station: Bade Station Police: Songshan Station
8	Songde park	Xinyi	10,767 5,384	Lane 180, Songde Rd	Hospital: Taipei University Hospital Fire station: Xinyi Station Police: Xinyi Station
9	Nangang park	Nangang	156,612 34,645	No. 170-1, Dongxin St	Hospital: Zhongxiao Hospital, Taipei University Hospital Fire station: Chengde Station Police: Nangang Station
10	Dahu park	Nehui	134,135 19,800	No. 31, Section 5, Chenggong Rd	Hospital: Tri-Service Hospital Fire station: Dahu Station Police: Neihu Station
11	Chiang kai-shek shilin residence	Shilin	92,800 5,450	No. 60, Fulin Rd	Hospital: Shin Kong Hospital Fire station: Jiangtan Station Police: Shilin Station
12	Fuxing park	Beitou	26,356 14,495	Zhuai Rd & no. 200 zhonghe street	Hospital: Taipei Veteran Hospital Fire station: Guangming Station Police: Beitou Station

The nearest emergency evacuation park around Athletes' Village (in New Taipei City)

1	Linkou Community Sports Park	Linkou	43,273 20,250	Wenhua 1st Rd, & Ren'ai Rd	Hospital: Linkou Chang Gung Memorial Hospital Fire station: Linkou Fire Station Police: Wunhua Police Station
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source: Parks and Street Lights Office, Public Works Department, Taipei City Government.

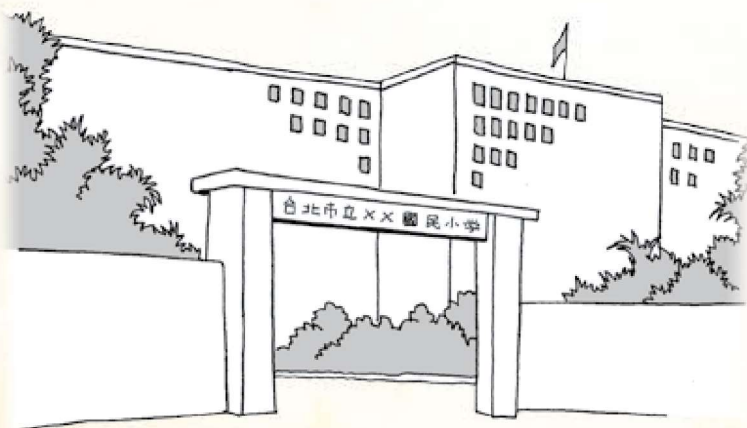
Taipei City's school information list for priority arrangement during disaster evacuation

District	School name	Number of disaster prevention tasks			Address
		debris flow	flooding	earthquake	
Wanhua	Dong yuan elementary school			V	No. 195, Dongyuan St,
Wanhua	Xinhe elementary school			V	No. 31, Lane 125, Xizang Rd
Wanhua	Longshan junior high school		V		No. 46, Nanning Road
Wanhua	Shuang yuan elementary school		V		No. 315, Juguang Road
Zhongzheng	Zhongyi elementary school		V		No. 17, Lane 307, Section 2, Zhonghua Rd
Zhongzheng	Yingquso junior high school		V		No. 4, Section 3, Tingzhou Rd,
Zhongzheng	Affiliated experimental elementary school of university of Taipei			V	No. 29, Gongyuan Rd,
Zhongzheng	Hongdao junior high school			V	No. 21, Gongyuan Rd
Zhongshan	Xin xing junior high school		V	V	No. 511, Linseng north Rd.
Zhongshan	Wuchang junior high school			V	No. 1, Lane 430, Fuxing N Rd
Zhongshan	Zhongshan elementary school		V		No. 69, Section 1, Minquan E Rd,
Datung	Yen ping elementary school		V		No. 97, Changji St
Datung	Chongang junior school		V		No. 19, Dunhuang Rd
Datung	Zhongxiao junior high school			V	No. 32, Xining N Rd
Datung	Jianchengguomin junior high school			V	No. 37-1, Chang'an W Rd,
Wenshan	Ching-hsing junior high school		V	V	No. 2, Lane 46, Jingxing Rd
Wenshan	Ching-hsing elementary school			V	No. 21, Lane 150, Jinghua St
Wenshan	Wanxing elementary school		V		No. 114, Section 2, Xiuning Rd
Daan	Minzu junior high school		V		No. 13, Lane 113, Section 4, Roosevelt Rd
Daan	Da'an elementary school		V		No. 129, Wolong St
Daan	Long men junior high school			V	No. 269, Section 2, Jianguo S Rd
Daan	Xing'an elementary school			V	No. 22, Section 3, Ren'ai Rd
Songshan	Minquan elementary school			V	No. 200, Section 4, Minquan E Rd
Songshan	Sarmin elementary school			V	No. 1, Section 5, Minquan E Rd
Songshan	Dunhua junior high school		V		No. 300, Section 3, Nanjing E Rd
Songshan	Minsheng elementary school		V		No.18, lane. 199, Dunhua N. rd
Xinyi	Bo Ai Elementary School			V	No. 20, Lane 95, Songren Rd,
Xinyi	WuXing Elementary School	V			No. 226, Songren Rd,
Xinyi	Xinyi junior high school		V		No.1, lane 158, Songren Rd
Xinyi	Xingya junior high school			V	No. 15, Lane 168, Songde Rd
Xinyi	Xinyi elementary school		V		No. 60, Songain St,
Nangang	Yucheng high high school		V		No. 366, Chongyang Rd
Nangang	Jiuzhuang elementary school	V			No. 100, Section 1, Jiuzhuang St
Nangang	Chengde elementary school			V	No. 65, Dongxin St,
Nangang	Shiu de primary school			V	No. 66, Lane 118, Dongxin St,
Nangang	Nan gang high school		V		No. 21, Xiangyang Rd
Nehui	Lihu elementary school		V		No. 8, Lane 363, Jinhu Rd
Nehui	Kang ning elementary school			V	No. 121, Xingyun St,
Nehui	Lishan primary school	V	V		No. 100, Ganghua St
Nehui	Bihu elementary school	V	V		No. 100, Jinlong Rd,
Nehui	Dahu elementary school			V	No. 170, Dahushanzhuang St
Shilin	Shezi elementary school		V		No. 308, Section 6, Yanping N Rd,
Shilin	Zhishan junior high school	V			No. 360, Section 2, Zhishan Rd
Shilin	Fulin elementary school		V	V	No. 75, Fuzhi Rd,
Shilin	Shilin elementary school	V		V	No. 165 datong Rd
Shilin	Yangmingshan elementary school	V			No. 199, section 3 Yangde blvd
Shilin	Xishan elementary school	V			No. 199, Section 3
Beitou	Xin min junior high schoool	V		V	No. 10, Xinmin Rd
Beitou	Hsien elementary school	V		V	No. 2, Xinmin Rd
Beitou	Taoyuan junior high school		V		No. 48, Section 4
Beitou	Beitou elementary school		V		No. 73, Section 1, Zhongyang N Rd

Source: Department of Education, Taipei City Government.

② Priority arrangement schools

There are 51 priority arrangement schools in Taipei city that can provide refuge services for citizens during disasters. The purposes for setting these priority arrangement schools are to deal with disasters like earthquakes, water disasters, debris flow. These priority arrangement schools have qualified assessment for safety purposes during disasters. As a result, citizens can be comfortable to rely on this prior arrangement for utilizing schools during disasters. (For more information please check page 54)



Typhoon

Many typhoons hit Taiwan between July and September every year and Taipei is almost always affected when a typhoon passes through Taiwan. However, typhoons can be forecasted. Therefore, sufficient preparation is vital before a typhoon arrives, and plays an important role in protecting you and your family. Let's start preparing!!



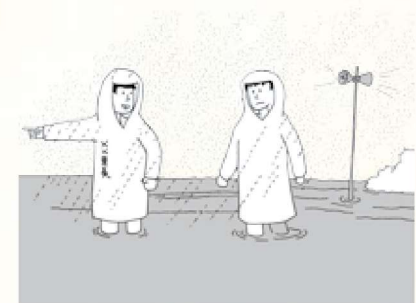
Be aware of the latest typhoon trend

Access to the information of disaster preparedness

If you want to know the latest information of weather, flooding and evacuation plans, you can search it up on Taipei city disaster prevention info website at <http://www.eoc.gov.taipei>.

Evacuation

If you live in low lying area, basin surrounded area or area near by rivers, you should evacuate immediately and pay attention to heavy rain, mountain collapse and debris flow. The city hall will announce the evacuation and people should cooperate with city hall staffs to commence proceed the evacuation.



Day off for work and school information

You can dial 020300166 to check the instant live weather report system or you can check the website of Directorate-General of Personnel Administration, Executive Yuan at <http://www.dgpa.gov.tw/nds.html> to acquire the information of whether school/work has been called off.

Emergency telephone number

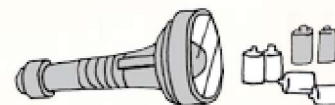
You can call 119, 110 or 1999 to ask for help or report emergency cases during an emergency situation.



It is safe to stay at home during a typhoon day



Do not go outside unless it's necessary.



If there is a shortage of electricity, please use your flashlights for light. Do not use candles as it may cause secondary disasters, for example fires.

It is very dangerous to go outside during a typhoon

- ① The electric wire can be detached from the electric pole due to the strong winds. Do not touch the wire by yourself. You should contact the electric power company or dial 1999 to ask for help.



- ② Pay attention to the traffic safety and slow down your speed if you are driving a car outside.
- ③ You should park your car on the side and look for safe cover if you encounter strong wind whilst driving. If you are passing through the tunnel, you have to be aware of the height of water accumulation.



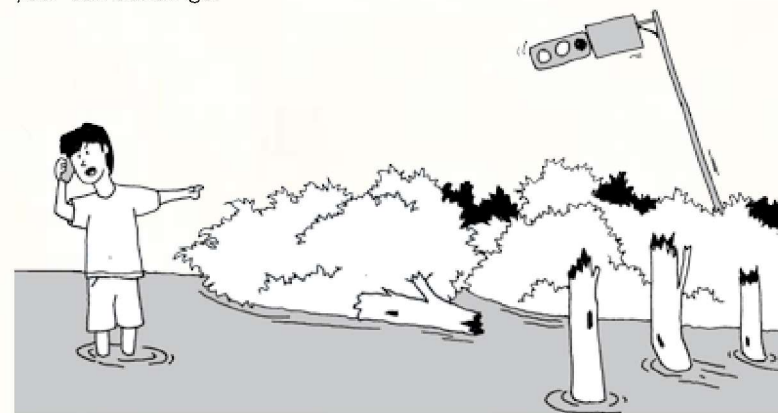
If you encounter a typhoon while you are hiking or camping, you should evacuate immediately and report your route and schedule to your family. Also, please dial 119 or 112 when you are in an emergency situation.



After typhoon

People should avoid going out right after a typhoon as there will still be some uncertain risks. Therefore, people should listen to the weather report and radio to make sure the typhoon has left completely.

If you notice dangers like falling objects, flooding or traffic accident, you can call 110 or 119 to ask for help. Moreover, there are still many uncertain risks after typhoon. You should be aware of your surroundings.



The cleaning and recovery after disaster

① Wastes disposal policy after typhoon

Please separate wastes that can rot and stink easily from other wastes. Please cooperate with environment protection office to ship the waste. Do not abandon your waste in public area because it may pollute the environment.

② Massive waste

If you need to abandon your household electrical appliance or large furniture, please contact the environment protection office to arrange a time and location of where you can dump your things. The process of cleaning up can be more efficient in this way as the locations are usually easier for them to clean up.



③ Sanitizing the environment

Methods of sanitization: (sanitization should be proceed after you clean up the carbage)

- (1) Kitchen : Place the table ware in hot boiled water. Table wares that cannot be boiled, therefore soak it in the solution that combines 200ppm chlorine and 40cc bleach for 30 minutes.
- (2) Indoor : Wash the floor, wall, wash room, bathroom, kitchen and living room with a solution of 500ppm chlorine combine with 100 bleach.
- (3) Courtyard, gutter or other moisture area: Spray the environment with a solution of 1000ppm chlorine combine with 200ml bleach. Please protect your eyes and skin while spraying.

- (4) Underground or roof water tower: you should drain the tower before you sanitize it and refill the water after you sanitize the tower. For public environment, you can ask the sanitization team in your region for help.

Chlorine bleach dilution table

Solution: water + bleach water	Chlorine bleach concentration		
	200ppm	500ppm	1000ppm
10L	40cc	100cc	200cc
30L	120cc	300cc	600cc
50L	200cc	500cc	1000cc
100L	400cc	1000cc	2000cc

Citizens can use their home container with accurate measure on it (volume: 0.6L, 1.5L And 5L. On average, a spoon (around 20ml) is equivalent to dilution measures.

④ Prevention of Vector Mosquito

It is easy to nurture breeding grounds for vector mosquitos in a moist environment. Therefore, the flooding area after typhoon or containers should be examined properly.

The examination items include vase, water container, basement, pipe, water tower or abandon tires on your roof top. Please follow the self-check-up list on our website at <http://www.epa.gov.tw/public/data/4691704471.pdf> to start your own check-up now.

Fire

Plan and practice a fire escape plan. If your smoke detector goes off or if you see a fire, remain calm. Do not attempt to fight a major fire yourself. Get out and CLOSE THE DOOR. Call 119 from a safe location.



The fear of danger – fire

“Most of the people have never encountered a fire before, so they do not really know the procedure they should follow when they face a fire. Some people may have a little of knowledge of fire but a lot of time it's only correct partially. As a result, people may ignore some important signals of fire and therefore lose their perfect timing to escape. When you hear the fire alarm, people yelling for help, smell some irritating scent or noticing smokes, you may already facing the threat of fire.



Escape

Remember the emergency exit map

No matter whether you are in your home or in public places, it is crucial to cultivate a habit of checking up the escape map and your relative location. It may seem to be trivial but it plays an important role in escaping from a fire.



Stay low and crawl to an exit

Stay as close to the floor as possible - smoke and heat rise and the air is clearer and cooler near the floor. If you notice the smoke layer is not obvious or the temperature is still low then escape immediately. Do not waste your time to find wet towel because you may lose your opportunity to escape.



Escape simulation

When you hear the fire alarm or you think you are in danger from fire, there are two situations you need to confirm before you move from your room to emergency staircase or outdoor.

When you stuck on a fire floor, there are multiple scenarios you may encounter:

① When the fire is in your apartment

If a fire breaks out in your room, you should leave your room and close (do not lock) the door behind you. It is very important that you close the door because it can restrict the fire in the room to slow down the pace of spreading out. After you closed your door, move toward the emergency staircase to evacuate.

Note: If you notice heavy smoke layer, you should lower your body and crawl on the floor to evacuate.



② When the fire is not in your apartment

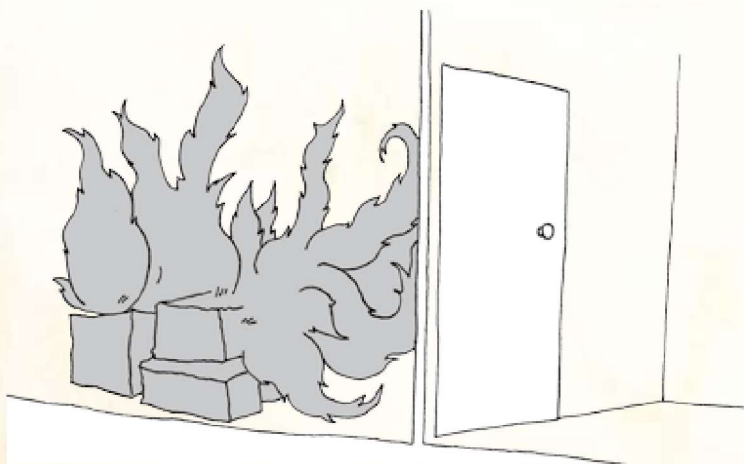
If you cannot identify the accurate position of the fire, quickly feel door's temperature with the back of your hand and check if there are smokes coming in from the crack between the door and its frame. By inspecting there is no smoke and the temperature of the door is low, you can open the door and begin to evacuate. However, if you notice smoke after you open the door then you should step back to your room and close the door immediately. Also, it is essential to fill up the crack between the door and its frame to obstruct the smoke since you can gain time for yourself to report your location to 119. Additionally you provide more time for the rescue team to rescue you. On the other hand, if you do not see any smokes after you open the door then escape to safe places.



※Tips to escape from a fire place

“Close the door”

“Close the door” may seem to be a simple action but it determines the doors' fire blocking effectiveness. By closing the door to restrain the fire in a single space can slow down the pace of fire catching and spreading to other places. When the fire and smoke is blocked, you will have more time to wait for the rescue team. However, doors that are made by plastic will change its shape due to the high temperature in the fire and its fire blocking function will not stand out. Please educate people around you of this simple tip of “close the door” of escaping from a fire place because it not only can save others lives but also your life.



Normal escape equipment

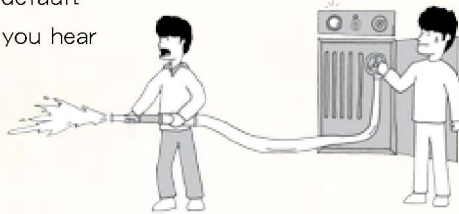
Escape sling:

- ① Open the window
- ② Pull the upper stick to the standard height.
- ③ Draw out the arm pole and shift it outward.
- ④ Open the protection case of the escape sling and take out the escape sling.
- ⑤ Hang the escape sling on the machine and look up the rotation of the button on the sling.
- ⑥ Drop the roulette of the scape sling and expand the sling.
- ⑦ Wear the retaining belt sleeve under you underarm and place the buckle in front of your chest.
- ⑧ Step out to the balcony or the window and face the wall while you start descending.
- ⑨ Use your hand to push the wall to avoid your body touching the wall.
- ⑩ Take off the equipment from your after you landed on the ground so that the next person can begin to escape.



Use of indoor fire hydrant

- ① Press the button that is default to call the police when you hear the fire alarm.
- ② Open the fire hydrant box.
- ③ Take out the nozzle.
- ④ Take the water strap.
- ⑤ Rotate the water control.



Note: you have to hold the nozzle very tight and chose a proper mode to shoot the water.

Cooking Fires

Cooking fires most often involve very hot oil or grease.
For these kinds of fires, it is best to:

- ① Turn off the stove.
- ② Use baking soda and/or slide the lid over the pan to smother the flame.
- ③ Do not attempt to pick up the pan and carry away from the stove.
- ④ Do not use water or a fire extinguisher, because it will cause splashing and spread the fire.



Extinguish the Fire

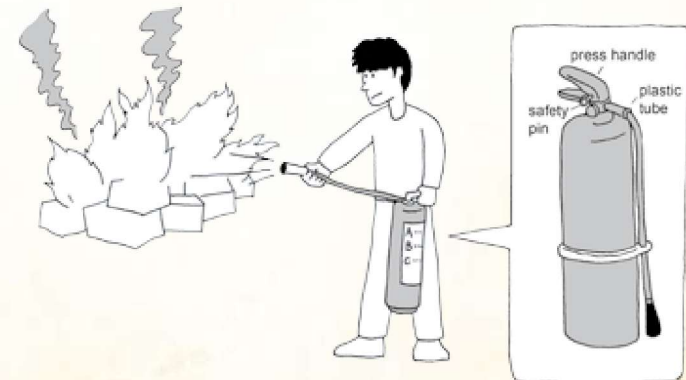
Rule of Extinguishment: most fires start small. If you feel confident that the decision to fight the fire will not result in additional risk to yourself or others.

Use of fire extinguisher

- ① Hold the fire extinguisher.
- ② **P**ull the pin, holding the extinguisher upright.
- ③ **A**im at the base of the fire.
- ④ **S**queeze the handle.
- ⑤ **S**weep the nozzle from side to side.

※Note:

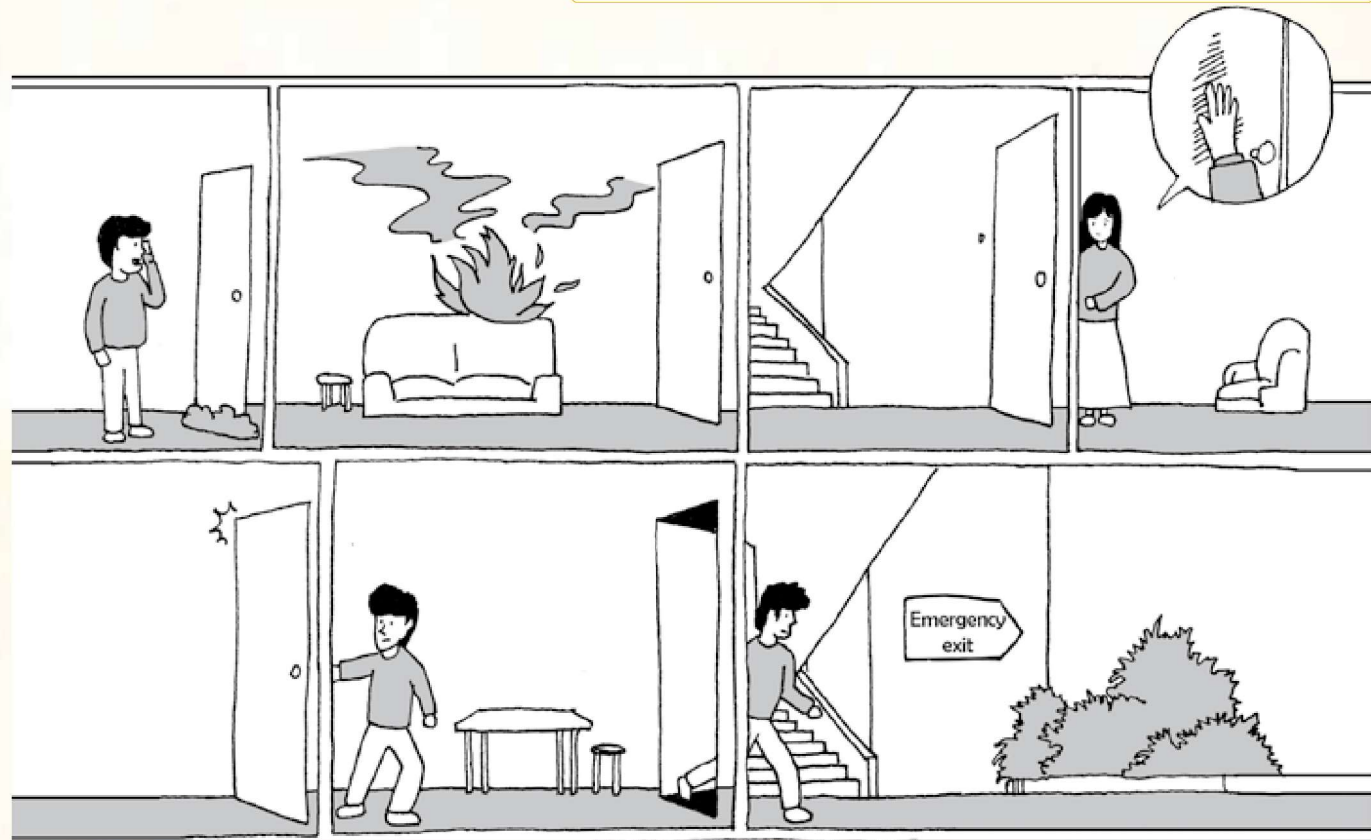
After you put out the fire, you should use some water to lower the temperature and keep your eye on it to make sure there is no unextinguished fire.



What should you do when you are not on the fire floor?

You can listen to the building's emergency broadcast to confirm whether you are situated on the fire floor or not. After you have confirmed your floor is not on fire then you can proceed with following procedure for escape:

- ① Observe the door shape and check if there is smoke coming in from the crack between the door and its frame.
- ② Measure the surface and the handle of the doors' temperature.
- ③ Make sure the temperature is not rising and the smoke is not coming in to your room then open the door.
- ④ You should check if there is still no smoke after you open the door.
- ⑤ If there is no smoke, you can begin to escape.
- ⑥ Close the door behind you and make sure you do not lock the door.
- ⑦ Move to the emergency staircase immediately.
- ⑧ Make sure there are no smoke after you enter the staircase.
- ⑨ If there is smoke in the staircase, step back in your room and close the door.



※Fire place reminder: escape to lower floors

You only have to make sure there are no signs of smoke in the safety staircase, and then you should move downward to the ground floor or move toward the safe floors. Also, you have to make sure you close the safety door to incase the fire spreads to the staircase.

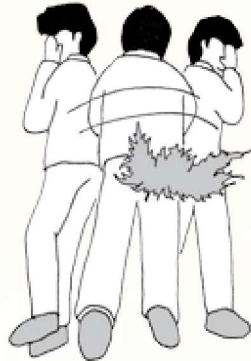


Explanation: floor on fire, non-fire floor.
People's evacuation routes.

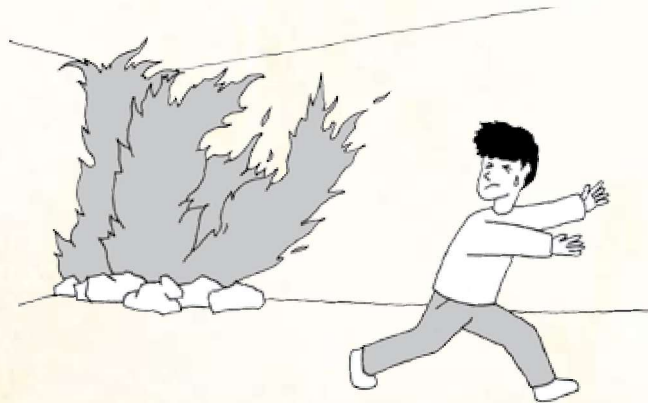
If your clothes catch on fire (stop, drop and roll)

If your clothes catch on fire, **stop** where you are, **drop** to the ground, and **roll** over and over to smother the flames. Cover your face to protect your lungs from smoke.

If your hands are already on fire, you should place your hands behind your pants and begin to stop-drop-roll process.



“ If the height of fire flame exceed 25cm or you think the situation is out of your control, you should escape immediately. In addition, when you only see smokes but no fire flames, it is better not to extinguish the fire. You should evacuate immediately and close the door behind you.



First Aid

The success of first aid is determined by the first person who found the patient and whether they are willing to help and really knows how to provide first aid treatment. However, people usually only know to call 119 when there is an accident or emergency but the shortest time for an ambulance to arrive to your location is approximate 4 to 6 minutes. During an emergency, every second counts before the ambulance arrives. Therefore, if there is person who is acknowledged with first aid treatment, then they can provide first aid for the victim and increase their chance of survival.



First Aid

“When an accident or a disaster happens, it is inevitable to lose people's lives lost. However, there are things we can foresee such as an increase in the need of medical services. Therefore, everyone should acknowledge the fundamental first aid skills in order to save yourself and others during the primary stage of an accident.

CPR should be performed on a person who has fainted or is unconscious and does not have normal breathing

The purpose of cardiopulmonary resuscitation(CPR) is to prevent a victim's brain from a lack of oxygen by pushing down on the center of the victim's chest to maintain the blood cycling. CPR should be carried out within 4 minutes of the victim losing their heartbeat. (For free CPR lesson application at Taipei city fire department check the website at <http://cpr.tfd.gov.tw/>)

Bystander CPR:

Call → Call → Compression → Defibrillation

If you have confirmed the environment around the patient is safe and the patient is unresponsive, follow the steps listed below:

Call



Call the patient

Identify whether the patient is conscious or not. You can pat the patient's shoulder lightly and say "Are you OK?"

Call



calling for help

- If you are alone, yell loudly to let the people nearby come to help and call 119 immediately.
- If there are other people nearby, ask them to call 119 and try to get an automated external defibrillator (AED).
- Confirm breathing condition: no breathing or barely breathing.

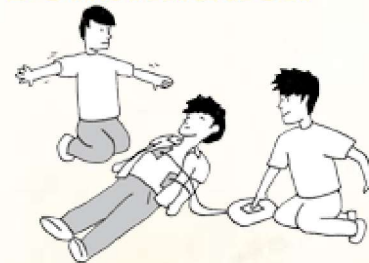
Compression



chest compression

- Push down on the center of the chest (the line between two nipples).
- Push hard and fast at the depth about 5-6 centimeters and the rate of 100-120/minute (about twice per second).
- Continue chest compression until the person exhibits signs of life, such as breathing, an AED becomes available, or paramedics or an AED arrive.

Defibrillation



Defibrillation

After an AED is available, one person continues chest compression and another turns on the AED. Follow the instruction of the AED and emergency assistance (If AED is not available, continue chest compression until provide emergency personnel arrive.



When you choked: Heimlich maneuver

① Determine if the person is truly choking.

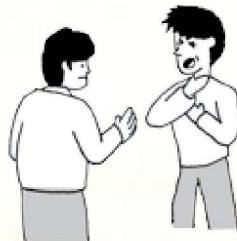
A choking victim will often have their hands around their throat. If you notice someone making this gesture, look for other choking signals. You should only perform the Heimlich on a choking person. Look for the following:

- (1) Cannot breathe or experiencing loud, difficult breathing.
- (2) Cannot speak.
- (3) Inability to cough effectively.
- (4) Blue or gray color lips and fingernail beds.
- (5) Loss of consciousness.



② Let the person know you're going to perform the Heimlich.

Tell the choking person you want to help them. Let them know you know the Heimlich Maneuver and are going to perform it on them.

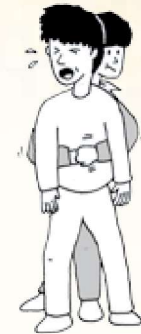


③ Wrap your arms around the person's waist.

Stand with your legs separated to best support your body. Gently wrap both arms around their waist. Lean them forward slightly.

④ Position your hands.

With one hand, make a fist. Which hand you use does not matter. Position your fist below the ribcage, but above the navel. Then, wrap your other hand around your fist. If they are too fat or pregnant, you may position your fist slightly above the stomach, i.e. between their nipples.



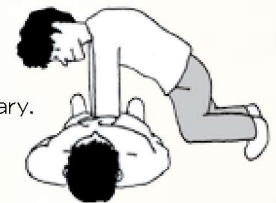
⑤ Make a series of thrusts.

To make a thrust, press hard and quick into the abdomen. Pull inward and upward as you press. It should feel like you're trying to lift the person off the ground.

- (1) Make the thrusts quick and forceful.
- (2) Perform five abdominal thrusts in quick succession. If the object is still not dislodged, repeat with five additional thrusts.

⑥ Performing the Heimlich on Someone Lying Down.

- (1) If you can't wrap your arms around the person, or if they've fallen, get them on their back. Gently instruct the person to turn on their back and help them as necessary.
- (2) Get on your knees and position yourself on top of the person. Kneel over the person, hovering just above their hips.
- (3) Place one hand on top of the other. Place the heel of the bottom hand on the person's abdomen. This is the area just below the ribcage but above the navel.
- (4) Using your bodyweight, press your hands into the person's abdomen with a slight upward motion. Repeat doing thrusts until the object is expelled from the person's throat.



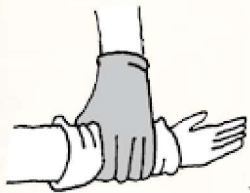
⑦ Call emergency services.

Call emergency services (119) if the object is not dislodged. Preferably, have someone else call emergency services after the Heimlich fails the first time and you are performing another round of back blows. When an emergency service worker arrives, they can get the object dislodged. At this point, stay away from the choking person.



Bandage Hemostasis

In order to stop the bleed and ease the pain and prevent possible further injuries, follow these steps:



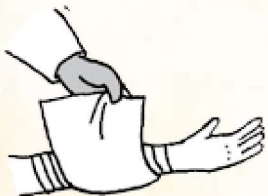
Step 1

If the wound keeps bleeding, cover it with sterile gauze or clean cloth and press it directly to stop the bleeding.



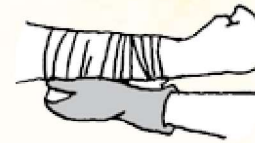
Step 2

If there is no sign of fracture or deformity of the injured limb, elevate it above your heart.



Step 3

Use an elastic bandage or triangular bandage to prevent the limb from moving.



Step 4

If the bleeding does not stop after steps above. Do not remove the gauze/clothes you had already put on it. Keep it compressed with more gauzes and elastic bandage or triangular bandage.



Step 5

If it still bleeds a lot or in critical condition.

Call 119 immediately !

Reminder:

How can you get the emergency staffs to you more quickly?

- ① Tell your address, condition and symptoms clearly.
- ② Follow the instructions by the emergency staffs.
- ③ Guide the ambulance at the ground floor or intersection.



First Aid

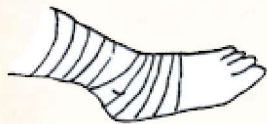
Ankle sprained: first aid for sprained

When an ankle sprain occurs after a fall or stepping on a uneven surface, the following immediate management could alleviate the pain, reduce the severity, and help the recovery.

Step 1

Protection

Protect the sprained ankle. Avoid weight bearing and walking. If you really need to move, you should protect your ankle or use the assistive devices. (ex. crutches)



Step 2

Rest

You should take more rest after the injury and limit mobilization.



Step 3

Ice Packing

Use an ice pack in the first 2-3 days. Apply several times per day, 15-20 minutes each time and take a 5-10 minute break - then continue to apply the ice pack. You'd better wrap the ice pack with a towel or the direct skin contact could cause frostbite.



Step 4

Compression

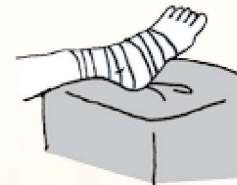
Use an elastic bandage to wrap and compress the ankle to control swelling. However, do not wrap it too tight as this would decrease blood circulation.



Step 5

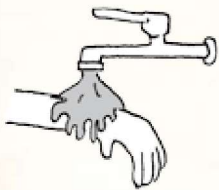
Elevation

Elevate the injured limb higher than the heart level as it would help facilitate circulation and prevent further swelling.



Burns: Rinse-off-dip-cover-send” is the burn first aid process including 5 steps

When your skin has been burnt by something hot, it will lose its function of protection. Severe burns will require a proper procedure to prevent infection and reduce the severity of damage.



Flush

Run cool (clean) water over the burn or soak in the water for 20 to 30 minutes.



Cut off

Use scissors to cut off the clothes that cover on the injured limb. If clothes are stuck on the burned area, do not tear it off hard.



Soak

Continue soaking in cool and clean water for 30 minutes.



Cover

Use clean and sterile gauze to cover the burn area or use a clean preservative film to wrap the injured area.



Delivery

When the burn is severe, call 119 for help.

Heat damage: procedures for early age heat damage

Exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake can cause various types of heat-related illness.

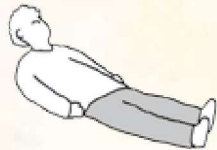


Step 1

Move the person to a cool and shaded area.



First Aid



Step 2

Rest and remove tight clothing.



Step 3

Apply active cooling measures, such as a fan or ice towels, if the core temperature is elevated.



Step 4

If the person is conscious, give fluids or cool drink, ideally a sports drink containing electrolytes.



Step 5

If the patient's situation is not getting better, please call 119 for help.

Emergency Contacts and information in Taipei City

Call 119

Contact Fire Dept. if you are in an emergency or have serious injury or life-threatening medical condition.

If you do not have any signals on your phone or you do not have sim card with you, you can dial 112 and press 9 to transfer to a local fire department.



Call 110

Contact Police Dept. when you are in immediate danger or witness a crime in progress.

Call 1999

When you need access to non-emergency services or information about the City Government programs.

Contents that you should report in your call

If the rescue team can grasp the most critical information in the shortest time then it will be more efficient for them to rescue you.

① What happened?

In term of what happened? you should include:

The address of the location, Whether or not there is any smoke with the fire? how many floors are there in the building? is anyone trapped in the building? if it's yes then where? What is the main usage of this building?

Note: including these details will make the fire dispatcher to find you and extinguish the fire.

② The information of the person who reports the situation

Why should we know the information of the person who reports the situation? this is because the person may make an oral mistake during an emergency circumstance and if we have the person's contact number we can call back to confirm the correct details with the person.

