

## 12. Disaster Prevention

### Complete preparation measures can keep damage to a minimum.

UR's mid and high-rise apartment buildings have reinforced concrete structures with earthquake-proof and fireproof features. However, earthquakes, fires, typhoons, and other disasters may make you unable to use your electricity, gas, water, toilet, elevator, mobile telephone, etc.

Therefore, you should have all the knowledge you need to be prepared for such disasters.

To prepare for a large-scale disaster, regularly understand possible disasters by checking the disaster prevention plan, the hazard map, etc. of your local municipality, and be familiar with the designated evacuation centers or sites. Please keep a stockpile of emergency food.

Also, when your local municipality has issued evacuation information, take all necessary evacuation actions immediately.

Note: For more detailed information, refer to the guidebook “Preparing for Earthquakes and Floods (pre-release edition, published August 2025)” via the link below.

[https://www.ur-net.go.jp/chintai\\_portal/kyojyusha/index.html#guidebook](https://www.ur-net.go.jp/chintai_portal/kyojyusha/index.html#guidebook)



### (1) Earthquakes

In a disaster, what matters most is “**Self-help.**” Make securing your own and your family's safety your top priority. It is also important to discuss in advance how you will contact family and loved ones in the event of a disaster.

When a major earthquake occurs, if your home has not suffered significant damage, “**Sheltering at home (taking refuge at home)**” is also recommended. Make sure that your “preparations” for sheltering at home is as thorough as possible.

#### ◆ Three “preparations” for sheltering at home ◆

##### ① Preventing Furniture from Falling Over

###### A. Fixing furniture to the wall

In UR apartment complexes, there are standards for remodeling to strengthen the jamb and other items in order to prevent furniture from falling over. An outline of these standards is as follows. For further inquiries, please ask at the Administration Service Office or Residence Center or other management facilities. (refer to the right diagram.)

###### ◎ Construction details - either strengthening the jamb, or attaching a wooden jamb.

- 1) Choose from amongst the following wood types:  
hemlock spruce, yellow cedar, spruce, lawson cypress, golden threadleaf sawara cyprus, hemlock fir, fir, Japanese cypress.
- 2) Measurements are to be 75mm width and 25mm depth, or 40mm width and 30mm depth.

###### B. Using ceiling supports to stabilize furniture from ceilings

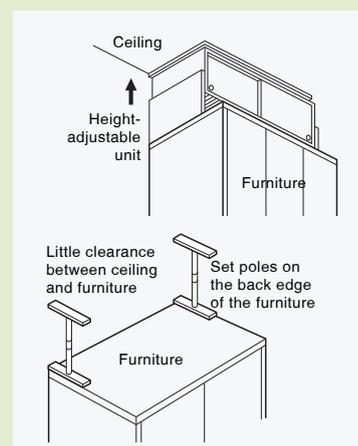
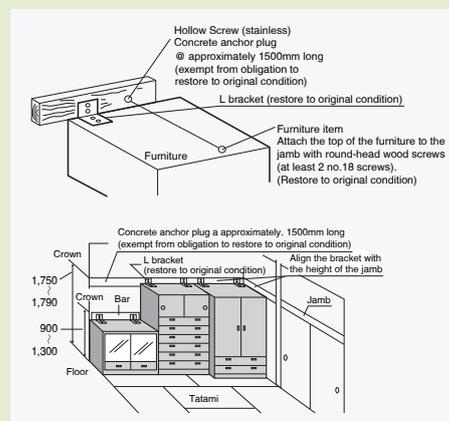
Use commercially available tools to secure the furniture as described below:

###### ◎ Furniture-top quake - proof storage unit

Height-adjustable storage unit that can be inserted between an item of furniture and the ceiling to prevent the furniture from falling down.

###### ◎ Adjustable tension pole

If you want to use an Adjustable tension pole, you must check whether the ceiling is strong enough to support the furniture. Even if the ceiling is strong enough, the furniture must be sufficiently large and tall enough to leave little clearance between the furniture and ceiling.



## ② Check stockpiled supplies

**In the event of a disaster**, there may be interruptions in the supply of goods due to **shutdowns of logistics and stoppages of lifelines (electricity, gas, and water services)**. Elevators may also stop operating, making it difficult to go outside. Prepare stockpiled supplies so you can continue sheltering at home even under such circumstances.

### Basic stockpile items (at least 3 days' worth; ideally 7 days!)

#### Food items

3 meals  
per person per day

#### Water

3 liters  
per person per day  
(drinking water +  
water for cooking, etc.)

#### Portable toilet

5 times  
per person per day



(Note: The above amounts are only guidelines.)

**Think about what you would need if each lifeline stops, and prepare accordingly!**

## ③ Using portable toilets

During disasters, you may be unable to flush the toilet due to water outages, or experience issues such as leaks or backflow from damaged drain pipes; **in some cases, your home toilet may become unusable**.

Keep a stock of portable toilets in advance and actually try using them.

### How to use a portable toilet

#### 1 Place a plastic bag over the toilet bowl



Prevent the portable toilet bag from getting wet from the water in the bowl

#### 2 Set the portable toilet on top of the seat



Add the solidifying agent (timing varies by product)

#### 3 Relieve yourself



#### 4 Tie up securely to prevent odors from leaking



Trash collection may not come immediately during a disaster

Refer to the following for more detailed information.

- Japanese Red Cross Society: “Checklist of Items to Take and Stockpile in Emergencies”

<https://www.jrc.or.jp/chapter/tokyo/about/topics/checklist.html>

- Ministry of Agriculture, Forestry and Fisheries: “Food Stockpiling Guide for Disasters”

<http://www.maff.go.jp/j/zyukyu/foodstock/guidebook/pdf/guidebook-3.pdf>



## (2) Typhoons and Flooding

To prepare for typhoons, heavy rain, etc., collect information from radio, television, internet, or other sources and take all possible precaution following directions.

To prepare for a large-scale disaster, regularly understand the assumed disasters by checking the disaster prevention plan, hazard map, etc. of your local municipality, and be familiar with the designated evacuation centers or sites. When your local municipality has issued evacuation information, take all necessary evacuation actions immediately.

- Before the typhoon intensifies, please remove potted plants and empty boxes from the balcony, and tie clothes poles to their hooks or to the balcony frame.
- Make sure you close doors and windows securely, and block drafts and leaks with plastic tape, towels, or rags.

In these cases, it may help to attach plastic tape (e.g. packing tape) around the bottom of windows on the outside, and to lay towels around the door sills.

- When you need to open windows in strong winds, please be careful not to get injured unexpectedly because doors may be flapping and objects may be dropping or falling down in such strong winds.
- When you have to go out during a typhoon, please ensure you have securely closed windows and doors, and have removed the aforementioned items from balcony. In strong typhoons, water can force its way under windows, soaking your tatami. This can then drip through to the floor below, causing trouble to your neighbors.
- Please ensure that the balcony drain is not blocked.
- Make sure that you have adequate water and a flashlight to deal with potential stoppages in water and electricity service.

## (3) Fires

- If a fire breaks out nearby, bring all flammable items inside from the balcony, and close all doors and windows to ensure fire and smoke do not enter your apartment.

If you are unlucky enough to have a fire break out in your apartment, calmly try to extinguish it while it is still small. Please try to ensure that it does not develop into a larger fire, as yours and your neighbors' belongings may be destroyed.

- If an oil fire should break out, smother it with a futon or mat. Extinguish electrical fires by removing the plug from the wall or tripping the breaker at the distribution box, and then use water. Fires in gas appliances should be extinguished by first closing the gas tap, then acting as necessary according to the situation. When you buy electrical cooking appliances or heating units, please make sure you read the enclosed operating instructions.





- Please do not store more highly flammable items such as heating oil (kerosene) than absolutely necessary, and do not store these on the balcony. In case of a fire, they can block escape routes, and ignite from the heat generated by fires in adjoining apartments.
- Balconies can be used as escape routes in emergencies such as fire.

Especially, the partition barrier on boundary with the neighbor of same floor is made so that it can be broken down and used as evacuation door in emergencies to escape to adjoining unit. So regularly never place things that will block it.

- There have been instances where door to door salesmen have sold household-use fire extinguishers that they claim to be authorized by the UR. Please be aware that UR does not endorse or recommend any particular brand of fire extinguisher.
- High-rise apartment complexes are equipped with fire doors in the hallways and stairwells. Please do not place bicycles or other objects in front of them, as this may interfere with their operation. Also, other objects may block escape routes, so please ensure these routes are kept clear.  
Furthermore, please do not open and close fire doors except in case of fire.
- If a fire should break out, regardless of its size, please report it to the fire department as well as the Administration Service Office or Residence Center or other management facilities.

#### (4) Applying for household insurance for residents of rental housing

Apartment complexes are a community, with many people living together, and it is very important that you abide by the established rules and norms so that everyone can continue to enjoy their living time here. Events such as fires and flooding can contribute to a breakdown in the pleasant living environment of the apartment complex. If, through your own negligence, you have a flood in your apartment that seeps through to lower levels, this will not only cause trouble for the people living below you, but you will be held responsible for repairs to ceilings and tatami mats, and compensation for damaged furniture, bedding, and floor coverings. Depending on the condition of damage, you may be charged upwards of several million yen in damages.

Thus, it is strongly recommended that you take out home insurance (fire, household contents, earthquake) for rental housing residents that covers your household goods and third-party damage resulting from accidents. There are no requirements for a designated insurance company or insurance products, so you can use any insurance of your own choice.