

# Health and Safety Instructions

October 2020~

**Assoc. Prof. Gregory TRENCHER**  
Graduate School of Environmental  
Studies, Tohoku University

# Hazards in campus life

## 1 . Mental hazards

**Disappointment:** different from expectations

**Impatience:** difficulties in life and study

**Isolation, loneliness:** no friends or familiar persons

## 2 . Physical hazards

**Commuting:** car/bike/foot commute

**Diet:** nutrition management, halal food, etc.

**Private life:** public safety, sanitary affairs

**Campus life,** safety in experiments, traffic accident

# 1. Psychological problems - Mental Health -



**Stress and pressure from school life can negatively affect mental health. Typical symptoms are:**

- Waking up tired or restless at night
- Suppression of mental activity (difficulty thinking)
- Lack of motivation for class/research
- Anxiety, impatience
- Depression
- Loss of appetite
- Restlessness

# How to consult about problems



## Be sure to communicate with:

- Friends
- Teachers and/or staff in lab
- Family and/or relatives
- Health care center, consulting
- Physical doctor (mental health)

## Prevention

- Work life balance  
Work, exercise, rest, socializing



**It is not a shameful thing to consult with others.  
About 10% students have mental issues.**

# Common accidents at Tohoku University

## 1. Traffic

Motorcycle faults, collisions

More than 20 accidents per year on campus

## 1. Experiments and field survey

## 1. Sport event and/or clubs: Injuries

## 1. Alcohol: Overdrinking





# Causes



- 1. Lack of safety information**  
Machinery, experimental apparatus  
Hazardous chemicals, high pressure gases
- 1. Lack of protection items**  
Safety glasses, gloves, emergency shower
- 1. Inadequate measures against accidents**  
Emergency treatment, wash out chemicals
- 1. Insufficient health and diet condition**  
Lack of good sleep, nutrition and food

# No smoking in Campus !

学内で

注意力・判断力



タバコの不始末

# Anticipating hazards

## What are possible hazards?

- **Electrical** (high voltage, magnetism, laser, appliances)
- **Mechanical** (machinery, equipment, noise, high pressure, robotics)
- **Chemical** (hazardous chemicals, toxicity, bio-hazards)
- **Wildlife** (bears on campus)

## Prevention

- Understand evacuation method/route
- Maintain equipment, power cords
- Follow rules of laboratory
- Attend training workshops





# In case of fire

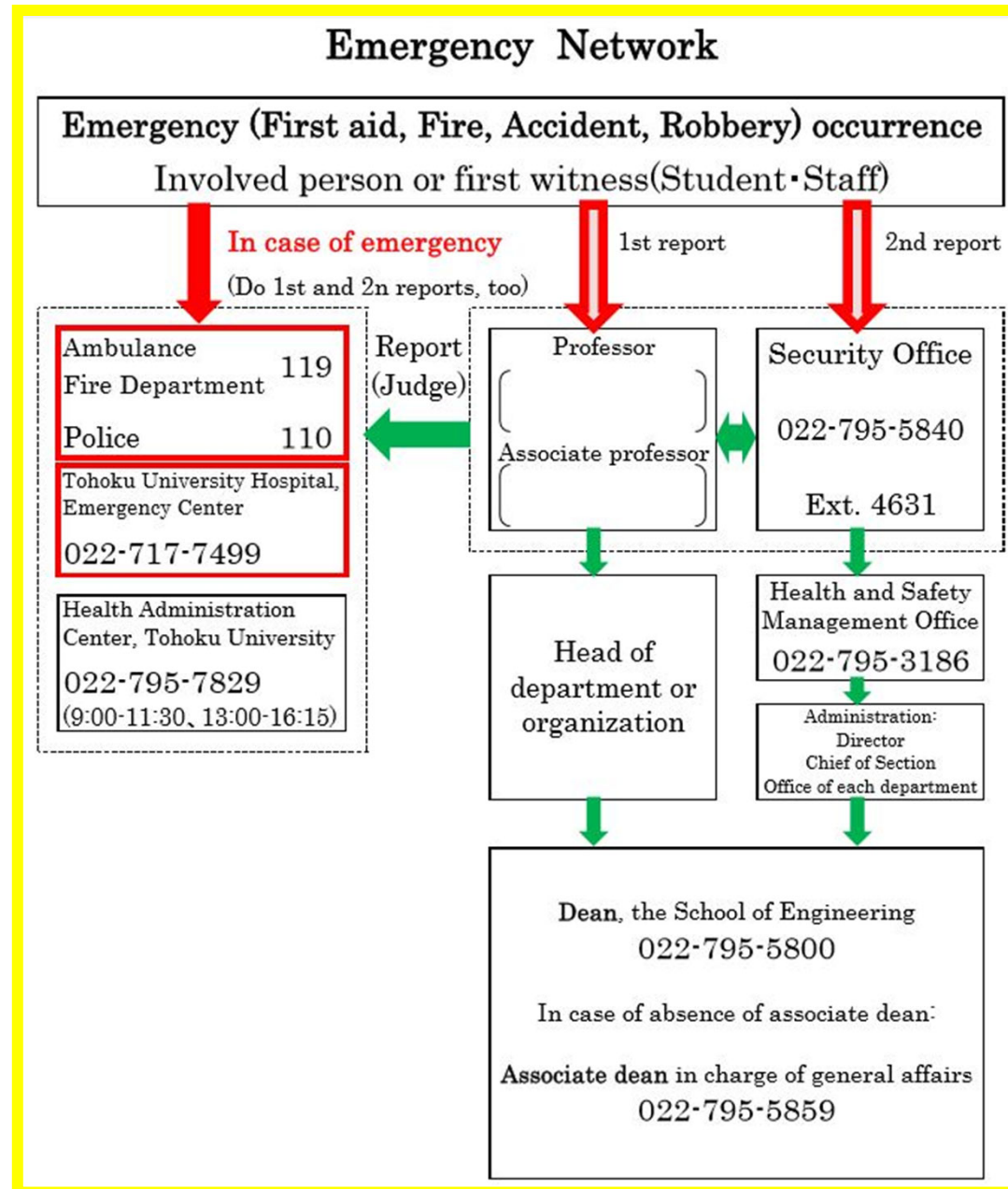
- Inform others immediately
- If possible, extinguish source of flames
- If uncontrollable, telephone 119  
*Address/building is required*

## Prevention:

- Know location of fire extinguisher and evacuation
- Know types of hazardous materials
- **Careful of foreign adapters for electric appliances**

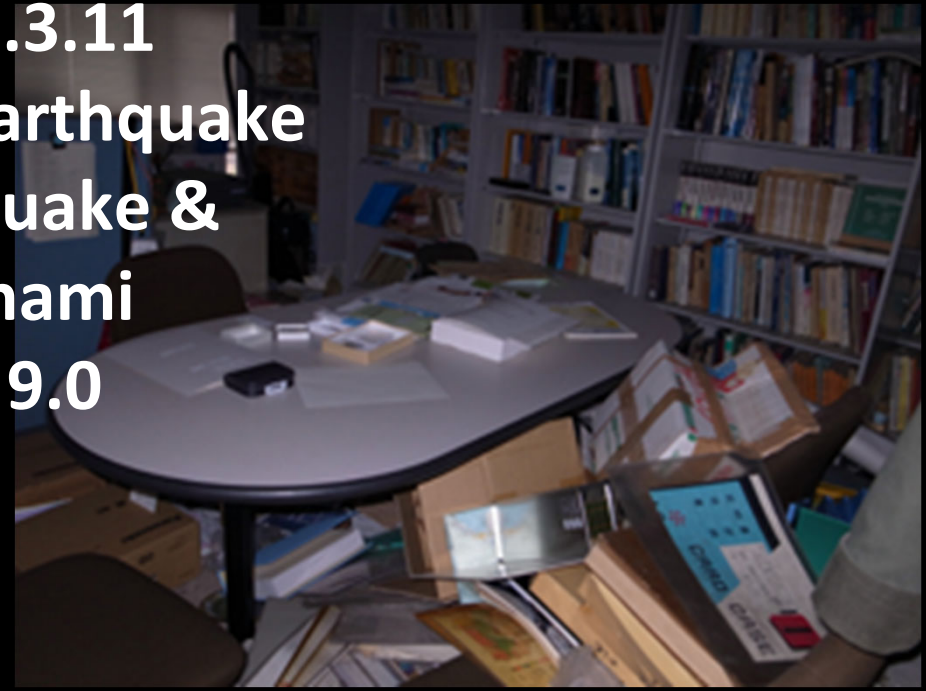


# How to communicate in emergency





**2011.3.11  
Tohoku Earthquake  
Megaquake &  
Tsunami  
M. 9.0**



# Earthquakes are almost a daily occurrence

Date/time	Seismic intensity 震度	Magnitude	Location (prefecture)
<a href="#">2019/9/30 01時02分</a>	3	4.4	Ibaraki 茨城
<a href="#">2019/9/29 16時47分</a>	3	3.9	Kumamoto 熊本
<a href="#">2019/9/28 02時33分</a>	3	4.1	Kumamoto 熊本
<a href="#">2019/9/25 17時28分</a>	3	4.4	Iwate 岩手 (near Sendai)

[https://www.jma.go.jp/jp/quake/quake\\_singen\\_index.html](https://www.jma.go.jp/jp/quake/quake_singen_index.html)

**Cell phones will often give alarm around 10 seconds before quake**



# In case of earthquake

1. Extinguish all flames
2. Secure open evacuation route (open door)
3. Keep safe position under desk...
4. Go to outside meeting point (carpark) **after** shaking stops
5. Check the well-being of colleagues
6. Take emergency belongings (water, jacket, phone, wallet, laptop, charger) and leave building in accord with instructions  
**> Keep list of items to take in your lab or on phone**
7. Careful of broken glass
8. Assume that you **will not** re-enter the building
9. Respond to automated email. Contact supervisor

# Emergency email response system

Your responses will help Tohoku University classes/research resume more quickly.  
Please respond to safety confirmation requests promptly!

If you do not respond, the university will be unable to provide your family with any information if they contact us.  
It will also delay the identification of people who really are missing and in need of search/rescue.



## Point 1

A safety confirmation message will be sent to the e-mail addresses you registered in the Student Affairs Information System (students), or Integrated Electronic Authentication System (staff). We ask that **you register a mobile address that you use regularly** so that we can contact you promptly in the event of an emergency.

## Point 2

**It is also possible to confirm your safety using a dedicated app.**

Download and install the free Emergency Call app from the Apple App or Google Play Store. When configuring the connection settings, enter your Tohoku University ID and password to receive notifications from the app.

(If you change your Integrated Electronic Authentication System password, please change the password in the app as well.)

# **Accident and liability insurance**

# Personal Accident Insurance for Students (PAS) Pursuing Education and Research

学生教育研究災害傷害保険（学研災）

## Target

For both foreign & Japanese students

## Objective

Insure against personal injuries

## Scope of activities

- Mainly on-campus or university related activities
- E.g. Study, research, exercise
- Events and clubs
- Commuting
- Moving between activities

## Most students are enrolled

- If not, consult with Educational affairs





# **Liability** Insurance (coupled with PAS)

## 学研災付帯賠償責任保険（学研賠）

### Target

**Japanese students only** (already with PAS)

### Objective

Insure against liability from damage to others

### Scope of activities

- Study, Research
- School events
- Commute, moving
- Internship
- Volunteering

### Enquiries

Consult with educational affairs



# Comprehensive Personal Insurance coupled with “GAKKENSAI” (PAS) (Inbound futai-gakuso)

外国人留学生向け学研災付帯学生生活総合保険（インバウンド付帯学総）

**Target:** **Foreign students only** (already with PAS)

**Objective:** Provide more comprehensive personal insurance

## Scope (A Type)

- Death, Residual Disability
- Medical Treatment Expense
- Relief Expenses
- Hospitalization, surgery, hospital visits
- Personal liability

## How to join:

- Complete form provided from office
- Send payment from Japan Post ATM

