

FIRST VERSION

DISASTER PREVENTION GUIDEBOOK FOR PANDEGLANG SOCIETY



Arranged by BelajarBencana.com for Pandeglang

Introduction

Indonesia, in this context Pandeglang, is prone to some natural disasters such as volcanoes, tsunami, and floods. In order to minimize damages, proper knowledge of disaster prevention is very important. Read this guidebook with your family to learn how to protect yourself and your loved ones in times of emergencies.

Please use the knowledge you will gain from this guidebook to help yourself, your family, and everyone.

Inspiration

The Kamaishi miracle:

lessons learned from the 2011 Tsunami in Japan

School children saved by disaster mitigation

In 2008 the Kamaishi Higashi Junior High School conducted a first session of Disaster Prevention training. The aim of the approach of the city and teachers was to gain a better understanding of natural phenomena, rather than fear them.

On 11 March 2011, school children already had at least three years of training, and were better prepared than their elders to deal with the disaster. When the earthquake hit at 2:46 p.m. on that day, some of the children had already left school.

Between 2:50 p.m. and 2:55 p.m., children at the Unosumai Elementary School, who were still at school, sought refuge on the building's third floor. Across the road, students at the Kamaishi Higashi High School decided to evacuate, and encouraged the primary school pupil to follow them.

Together, they went to an official shelter located about 500 metres from the schools. When they arrived, around 3:05 p.m., the children noticed that the cliff where the shelter was located was threatening to collapse and they decided to go to a nearby retirement home. At 3:20 p.m., the official shelter was destroyed by the tsunami.

Witness of the shelter's collapse, the group continued to evacuate to a third location. About 600 primary and high school students, adults and other residents survived thanks to this initiative.

Tsunami *Tendenko*

Tendenko, in the local dialect, means “each person” or “individually”. The idea is to protect your own life by immediately regrouping with your relatives in a predetermined location.

3 Evacuation Rules

1. “Do not trust the experts’ hypotheses and knowledge at all costs”, but always use your best judgment according to what happens when the earthquake occurs

2. *“Do your best by drawing on handbooks and best practices, while constantly adapting them to the current situation”*. Here, teachers are calling on their students’ common sense. The best example of this is the official shelter that collapsed. Disregarding official instructions telling them to find a shelter and to stay there, students judged that it was better to move

3. *Although there are no obvious signs indicating an imminent disaster, “take the initiative and evacuate”*. This third rule was applied by the Kamaishi Higashi group.

Kamaishi’s Resilient Model

The 2011 disaster highlighted that humanity cannot rely solely on technology to improve its resilience. To take effective action, we must obey its laws, so as not to fail in our endeavor. Technological measures are undoubtedly crucial, but they cannot remove the need to educate the youngest in our society and search for resilient solutions that work with the environment.

(source: Alalouf-Hall, Diane. 2019. “The Kamaishi miracle: lessons learned from the 2011 tsunami in Japan.” Accessed June 15, 2021. https://alternatives-humanitaires.org/wp-content/uploads/2019/03/AH_N10_5_Innovations_2_Kamaishi_VEN.pdf)

Table of Contents

- I. What is A Disaster?
- II. Disaster Risk in Indonesia
- III. Disaster in Pandeglang
- IV. Learn About Disasters
 - Earthquake
 - Tsunami
- V. Learn About Evacuation
 - Evacuation
 - Emergency Survival Kits
- VI. Learn About Disaster Preparedness
 - Preparing for Disasters
 - Disaster Prevention Drills
 - Emergency Contact Information

I. What is A Disaster?

Disaster is an event or series of events that threaten and disrupt people's lives and livelihoods caused by both natural and/or non-natural factors and human factors resulting in the occurrence of human casualties, environmental damage, property loss, and psychological impact.

(Indonesia's Disaster Management Law no: 24/2007)

A disaster is an event that causes a large number of deaths or significant loss in which the community needs help or preparation from within.

II. Disaster Risk in Indonesia

Active Volcanoes

Indonesia is a country that has the most active volcanoes in the world, 127 in total, some of which have generated the most powerful volcanic eruptions ever recorded in the world's history.

Earthquake

Indonesia is also prone to earthquakes as it is located in a joint of 3 tectonic plates, namely: Indo-Australian Plate, Eurasian Plate, and Pacific Plate.

Tsunami

Indonesia has the longest coastline in the world which also resulted in high exposure to tsunami risk along the coast.

(source: National Secretariat of Disaster Safe Education Unit. 2017. *Disaster Resilient Education*. Jakarta: Repositori Kemendikbud. http://repositori.kemdikbud.go.id/6108/1/BukuNotesBencana2017_EnglishVersion.pdf)

III. Disaster in Pandeglang

History of disaster in Pandeglang

Pandeglang is one of the areas that has moderate rainfall intensity. Flood is the most frequent occurrence of disasters.

From 2014 - 2018, there were 61 floods recorded. With details, 12 died, 110 were injured, 10,516 were missing, and 93,664 were displaced.

(source: BNPB. "Dokumen Kajian Risiko Bencana Kabupaten Pandeglang 2014-2018." Accessed June 15, 2021. http://inarisk.bnpb.go.id/pdf/BANTEN/Dokumen%20KRB%20PANDEGLANG_final%20draft.pdf)

Learn from last tsunami

On December 2018, Sunda Strait tsunami disaster, came suddenly without any early warning from the authorities and claimed the lives of more than 430 people.

The source of the tsunami was from the collapse of the cliff material of Mount Anak Krakatau due to increased volcanic activity and generated tsunami waves around the Sunda Strait.

IV. Learn About Disasters

Earthquakes

What is an earthquake?

An earthquake is a disaster caused by the shaking of the ground. Earthquake are very common in Indonesia. Since earthquakes happen suddenly, it is hard to predict when they will occur.

Please Remember

1. Secure your own safety first

The most important thing is to stay alive. When an earthquake occurs, protect yourself by hiding under a desk or table

2. Stay calm and extinguish any flames

After the shaking stops, extinguish any flames, such as those from gas ranges and stoves

3. Secure an exit

When indoors, open doors and windows right away, as the shaking may cause doors and windows to become stuck

4. Put out any fires right away

Loudly shout “fire!” Ask people nearby for help and put out the fire together

5. When outdoors, evacuate to an open space

Shattered glass may fall or buildings may collapse. As staying near buildings is dangerous, evacuate to a spacious area

6. Work together to help people in need

Cooperate with others to help people in need such as the elderly, disabled, or injured

7. Beware of aftershocks

Aftershocks are the earthquakes that occur after a strong earthquake. Please be careful as a strong earthquake can have many aftershocks

Note - Other effects of earthquakes

Liquefaction

Liquefaction of the ground happens in places that were formerly lakes or oceans. During an earthquake, the shaking of the ground can cause the water below to resurface. This can lead to things such as houses tilting at an angle, breakage in the ground, or water coming up from the ground

Tsunami

What is a tsunami?

A tsunami is a tremendously high wave that occurs after an earthquake. Tsunamis approach at a very high speed.

Please Remember

1. Stay away from coastal areas when strong or lasting earthquake occurs. Evacuate right away to a high place
2. Even if you don't feel the ground shake, evacuate to high ground right away if a tsunami advisory or warning has been issued
3. Listen to the radio or TV for accurate information
4. Tsunami can strike repeatedly, so stay away from coastal areas until the warning or advisory has been cleared

(source: City of Chiba. 2020. *Disaster prevention guide portal page for foreigners*.
<https://www.city.chiba.jp/somu/shichokoshitsu/kokusai/documents/bousaiguidea4.pdf>)

V. Learn About Evacuation

Evacuation

What is evacuation?

Evacuation refers to the act of escaping to a safe place during a disaster

Attach information such as the name of the evacuation shelter you intend to go to, what conditions your family is in, etc. to the door

Please Remember

1. Get accurate information

- Stay informed and get accurate information through radio and TV before evacuating. There are also times when an Earthquake Early warning will sound before large tremors
- Beware of rumors and false information

2. When should I evacuate?

- When an earthquake seems like it will damage your home
- When a fire approaches

- When notified to evacuate by government

3. Things to keep in mind when evacuating

- Extinguish any flames such as those from gas ranges or stoves and turn off the electric breaker to disable the electricity and prevent electrical fires. Close any gas valves so that gas cannot be used

- Write down information such as the name of the evacuation shelter you intend to go to, what conditions your family is in, etc. and attach it to the door before evacuating

- Only bring what is necessary

- Evacuate on foot. Refrain from using cars, motorbikes, and bicycles

- When evacuating from earthquakes outside, beware of falling objects and evacuate calmly

- When heavy rain causes floods, be careful of the water depth. If the water reaches waist level, evacuate to higher ground and wait for help to come

- Avoid narrow streets and walking near walls or riverbanks when evacuating

- When passing through roads near mountains, be careful of landslides

- Evacuate together with those living near you if possible

- Work together to help persons requiring evacuation support

4. What to wear when evacuating

- Wear clothes that do not catch fire easily, such as cotton clothing
- Carry all your objects in a backpack
- Wear pants and long-sleeved shirts to prevent injuries
- Wear sturdy and comfortable shoes
- Protect your head with a helmet or hat
- Wear work gloves

(source: City of Chiba. 2020. *Disaster prevention guide portal page for foreigners*.
<https://www.city.chiba.jp/somu/shichokoshitsu/kokusai/documents/bousaiguidea4.pdf>)

Emergency Survival Kits

What is an emergency survival kit?

An emergency survival kit is a collection of several days worth of necessary supplies that should be taken along when evacuating

Please Remember

1. Prepare an Emergency Survival Kit

-Valuable Items

Money, bankbooks, residence cards, passports, health insurance cards, and other important items

-Emergency Rations

Food and drinks that can be consumed as is, such as canned food or bottled water. You should prepare at least three days worth of supplies

-Flashlight

-Portable Radio

Be sure to prepare extra batteries

-Medicine and Other Medical Supplies

Household medicines, bandages, ointment, etc

-Other Items

Lighters, underwear, towels, tissues, toilet paper, etc. Those who have babies should also prepare disposable diapers, baby formula, baby bottles, etc

2. Check Your Emergency Survival Kit

Periodically check the items in your emergency survival kit. After a long period of time, food items can expire and batteries can run out of power, so be sure to replace them before this happens

(source: City of Chiba. 2020. *Disaster prevention guide portal page for foreigners.*
<https://www.city.chiba.jp/somu/shichokoshitsu/kokusai/documents/bousaiguidea4.pdf>)

VI. Learn About Disaster Preparedness

Preparing for Disasters

How do I prepare for disasters?

Disasters occur suddenly and without warning, so read the information in the 'Please Remember' section and start preparing right away. Advance preparation can save you from trouble if a disaster occurs

Please Remember

1. Check for dangerous areas around your home

Check both the inside and outside of your home for any areas that may be dangerous in a disaster. If you find any, have them fixed

2. Make sure the inside of your home is safe

Secure furniture such as bookcases, cabinets, and cupboards to prevent them from toppling over. Make sure that items cannot fall down from above

3. Check your emergency survival

Check your emergency survival kit to ensure that you have prepared the necessary items

4. Establish an emergency plan with your family

You may not be with your family when a disaster occurs. Discuss the following with your family and establish a plan:

- Where will you evacuate?
- When evacuating, who will bring what?
- Where will you meet up?
- How will you contact each other?

5. Maintain a good relationship with those living near your

Maintain a good relationship with people living near you by greeting them when you meet and joining your neighborhood residents' association

During large disasters, institutions such as fire and police departments may be too busy to help attend to injured people. In such situations, it is important to work together with those in the community to help those who are injured

(source: City of Chiba. 2020. *Disaster prevention guide portal page for foreigners*.
<https://www.city.chiba.jp/somu/shichokoshitsu/kokusai/documents/bousaiguidea4.pdf>)

Disaster Prevention Drills

About Neighborhood Residents' Associations (RT/RW)

Neighborhood residents' associations (RW/RW) are made up of the people who live in a certain area. Activities include providing helpful information for daily life and organizing local festivals. It is a good way to get to know the people living in your community. Members can also help each other in times of disaster

What is a disaster prevention drill?

A disaster prevention drill is practice aimed at minimizing the damage during a disaster

(source: City of Chiba. 2020. *Disaster prevention guide portal page for foreigners.*
<https://www.city.chiba.jp/somu/shichokoshitsu/kokusai/documents/bousaiguidea4.pdf>)

Emergency Contact Information

No matter where you live, it's always important to prioritize your and your family's safety. When moving to a new place, make sure to do your

preparation and research so you can maintain your well-being, even in emergencies

Call 112

Indonesia has improved its emergency services system by introducing one general emergency number to call in almost any situation, 112. This number is toll-free and can be dialed through your smartphones or landlines alike

Others emergency contact

If you ever need emergency assistance, medical or otherwise, here are some numbers you can call:

- PLN (for electricity-related problems) = 123
- Ambulance request = 118 or 119
- Natural disaster command center = 129
- Search and Rescue help = 115
- Police assistance = 110 (SMS 1717)
- Fire brigade request = 113 or 1131
- Jasa Marga Services (if your car breaks down on a highway) = (021) 80880123

(source: Expat. 2020. "Useful contacts and resources in Indonesia." Accessed June 15, 2021. <https://www.expat.com/en/guide/asia/indonesia/11647-useful-contacts-in-indonesia.html>)