

Message from JITCO

Aiming for Zero Accidents and Illnesses Where You Live!

① Participate in evacuation drills – They can save your life!

In March this year, a fire broke out late at night due to an electrical leak in a second-floor office, and spread to the third floor of the building where trainees and technical interns were sleeping. Trying to escape, they fell from the emergency rope ladder and the building. One was killed, and eight injured.

In your residence, it is important to have smoke alarms, fire extinguishers, and equipment to help you evacuate the residence. It is even more important that all of these devices operate and function effectively. You should make sure by holding evacuation drills. It is extremely difficult to escape from a building using an emergency ladder. We recommend that you practice drills, being careful of safety, to ensure that you are able to use one.

② Understand differences in cooking utensils and cooking methods

Sometimes the cooking utensils used in Japan differ from those in your own countries. This is particularly true in the case of Japanese and Chinese kitchen knives; the sizes are different, and the ways they are used also differ. This could make you prone to cut your fingers while cooking. Another point is that the pans used for deep-frying and other uses in China are thick, heavy and large, and so oil tends not to fly out. By contrast, Japanese frying pans heat up very easily, and you might burn yourself.

What you can do to prevent this is to get to know the differences in the type of cooking and the cooking utensils, and then ask your lifestyle mentor about the correct way to use the utensils,

JITCO からののお知らせ

け が びょうき しゅくしやせいかつ
ーケガをせず、病気にならない宿舎生活を！ー

① 命を守るために、避難訓練には必ず参加を！

2009年3月に、深夜、2階事務所から出火（漏電）し、3階で寝ていた研修生・技能実習生が避難する際、縄はしごや建物から墜落して、1名死亡、8名重軽傷を負う事故が発生しました。

宿舎では、火災報知器・消火器・避難設備の設置が重要ですが、それらの機器が作動・機能することがもっと重要です。避難訓練をして確認しましょう。縄はしごで降りるのは大変困難です。うまく降りられるよう安全な状態で訓練してください。

② 調理器具と調理法の違いを理解して

日本と研修生・技能実習生のみなさんの母国では、使用する調理器具が異なる場合があります、特に日本と中国の包丁では、大きさも異なり使い方も違うために指を切りやすいものです。また、中国において揚げ物等に使う鍋は、肉厚で重く、サイズも大きいので一般に油が飛び散ることが起きにくいのに比べ、日本のフライパンは容易に火が回りやすく火傷します。

対策として、調理の仕方、調理器具の違いを理解した上で、使い方等について生活指導員に聞いてください。

また、火災防止の為に消火器の設置とその使用方法についても併せて聞いてください。

and any other questions you might have.
To prevent fires, you should also ask about the location of fire extinguishers and how to use them.

③ Be careful of food poisoning

While it is cheap and efficient, cooking up large batches of food at one time and storing it can result in food poisoning. Be especially careful in hot weather! Of course, you will put the food in the refrigerator, but bacteria can also breed in the refrigerator.

④ Pay attention to the instructions when using heaters and electrical equipment

Hot water bottles often cause low-temperature burns. It is dangerous to start using hot water bottles without really understanding how to use them when you are used to other types of heating (for example floor heating in China).

In addition, it is essential when you buy an electrical device in Japan that you operate it paying attention to the points listed in the instruction manual. If there is no instruction manual written in your own language, use the device only after asking your lifestyle mentor or some other person to explain the manual to you.

⑤ Points to be aware of in your daily life

Take care not to injure yourself in any of the following types of accidents: Falling when climbing or descending stairs, tripping over while walking in the corridor, being squeezed against the wall, etc. or overexerting yourself when moving furniture, slipping when using the bath, knocking things over on yourself or overexerting yourself when cleaning, falling when carrying or hanging washing, and getting parts of your body caught while opening and closing doors.

⑥ Preparing for natural disasters

To prepare for natural disasters such as earthquakes and typhoons, get to know the evacuation routes from your building, take measures to prevent furniture from falling over, and make sure you have a flashlight, and a television or radio to enable you to get information.

③ 食中毒に気を付けましょう

安くついて効率的だからといって一度に大量の料理をし、ため置くことは食中毒の原因となります。とりわけ暑い時期は危険！ 冷蔵庫に入れておくのは当然ですが、冷蔵庫内でも細菌は繁殖します。

④ 暖房器具・電器製品は注意事項を守って使いましょう

湯たんぽによる低温火傷がよくありますが、暖房方法（中国は床暖房）が違う湯たんぽを、よくわからぬまま使い始めることは危険です。

また、日本で電気製品を購入し、使用する場合は、説明書をよ読んで注意事項を守って使用する必要がありますが、母国語の説明書がない場合は、生活指導員等に聞いてから使ってください。

⑤ 一般生活行動中に注意すべきこと

階段昇降中の転落、廊下歩行中の転倒、家具移動中の挟まれ・無理な動作、入浴中の転倒、掃除中の物の落下・無理な動作、洗濯物を運んだり、干したりする際の墜落・転倒、扉開閉中の挟まれ等によるケガに注意しましょう。

⑥ 天災地変時の対応

地震、台風等非常時の対応として、避難通路の確保、家具の転倒防止措置、懐中電灯を、そして情報収集のためにテレビ・ラジオ等が必要です。