



しゆくしやない こうどうめん あんぜんたいさく  
宿 舎 内 の 行 動 面 で の 安 全 対 策

しよくじ ちょうりちゅう  
① 食 事 の 調 理 中

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などに使う鍋は、肉厚で重く、火が日本のフライパンと比べ中へは回りにくく、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、調理器具の使い方などについて生活指導員に聞いて使います。

また、火災防止のために消火器の設置とその使用方法についても併せて聞きます。

しゅうしんちゅう  
② 就 寝 中

湯たんぼ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）が違う湯たんぼを、よく判らぬまま使い始めることに問題があります。

対策として、湯たんぼなど暖房器具の使用法について生活指導員に聞いて使います。

いっぱんせいかつこうどうちゅう  
③ 一 般 生 活 行 動 中

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、扉開閉中の挟まれなどによる怪我が発生しています。これらの事故は日本に長年住んでいる者にも同様に発生しますが、研修生・技能実習生の母国との習慣の違いなどに問題があるとも考えられます。

対策として、一般的に安全教育的に加え、宿舎内での生活活動を円滑にするルール化や習慣化が必要で、それを実地に指導する生活指導員やリーダーの適切な指導が必要です。

てんさいちへんじ たいおう  
④ 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、情報収集のためのテレビ・ラジオ等が必要です。

### Behaving More Safely in Dormitories

#### 1. While preparing meals

The cooking utensils used in Japan and those used in your home countries are sometimes different. Japanese and Chinese kitchen knives in particular differ in terms of size and method of use, and because of this you can tend to cut your fingers. The pans used to cook fried foods and the like in China are also thick and heavy, and the insides tend not to catch fire much compared to Japanese frying pans, which can easily catch fire and burn you. Chinese pans are also larger, and so it is less likely for oil to fly out of the pan and burn you.

To resolve these problems, you should ask your lifestyle mentor about cooking methods and the use of cooking utensils.

In addition, in order to prevent fires, you should also ask about the location of fire extinguishers and how to use them.

#### 2. While in bed

Hot water bottles often cause low-temperature burns. The problem is that hot water bottles are a different method of staying warm to those used in peoples' home countries (in China, for example, people use floor heating), and people begin using them without properly understanding them.

The thing to do is to ask your lifestyle mentor about the correct use of hot water bottles and other heating devices.

#### 3. In your daily activities

Falling while going up or down stairs, tripping over in corridors, getting squeezed or over-extending yourself while moving furniture, falling over while getting into or out of the bathtub, knocking objects over or over-extending yourself while doing the cleaning, tripping or falling over while carrying out or hanging up the laundry, getting your fingers jammed while opening or closing a door, and other minor accidents can all cause injuries. Even people who have lived in Japan for many years can have accidents like these, but they are a particular problem for trainees and technical interns because of the differences in ways of doing things between Japan and their home countries.

To resolve these issues, in addition to receiving general safety education, it is necessary to form rules and establish standard ways of doing things to ensure that daily life in the dormitory goes smoothly. You will need advice from your lifestyle mentor or someone else in a position of leadership.

#### 4. Preparing for emergencies

In order to prepare for emergencies such as earthquakes and typhoons, you must learn the emergency exit routes, put stoppers, etc., under your furniture to make sure that it does not topple over, prepare a flashlight and ensure that you have a TV or radio to enable you to obtain information.