

CONTENTS

| Section I: T | he Neglected Details in Earthquakes 1 |
|--------------|--|
| Question 1: | What kind of shake you will feel |
| | when earthquake hits?2 |
| Question 2: | What are the major factors to cause |
| | casualties in earthquake?16 |
| Question 3: | Buildings made by what kinds of materials |
| | is easy to collapse?34 |
| Question 4: | "Triangle of life" or living space?44 |
| Question 5: | How to find out the load-bearing wall at home? |
| | What should I do if I can't find it?54 |
| Question 6: | Escape or hide? Does time allow?60 |
| Question 7: | What shall I do if the earthquake hits |
| | when I am sleeping at night?70 |
| Question 8: | Where should the whole family hide at home |
| | when earthquake comes in the daytime?80 |



| Question 9: | Is the bathroom really safe to stay in?90 | |
|---|---|--|
| Question 10: | Which are the neglected dangerous places | |
| | in modern business building, office building | |
| | and hotel?98 | |
| Section II: Simple and Easy-to-learn Self-rescue Skills 109 | | |
| Attempt 1: | Calm — what should I do under ruins?110 | |
| Attempt 2: | Bandage — what should I to do if my head, | |
| | arm or leg is wounded?114 | |
| Attempt 3: | Signal — how to make the SOS easier | |
| | to be found?118 | |
| Attempt 4: | Crush — the biggest killer in earthquake | |
| | is "crush syndrome"122 | |
| Attempt 5: | Escape from high floors — what should I do if | |
| E) | I am forced to escape from high floors?126 | |