

Be Careful Of Water, Mountain and Bicycle Related Accidents

Every year in Japan, many people suffer from accidents in the sea, rivers and mountains. If you engage in activities without the appropriate knowledge or planning, there is a possibility a life threatening accident could occur. Therefore, when you are near the sea, rivers or mountains please keep the following information in mind.

- ❖ Preventing Drowning and Water Related Accidents! Things To Remember when Playing in the Sea or Rivers
 - If you feel unwell, stop swimming.
 - If you drink alcohol, do not swim under any circumstances.
 - When playing in the sea and rivers, always wear a lifejacket.
 - Check for signs which display whether it is a dangerous area, or if swimming is forbidden. If present, refrain from playing or swimming in the water.
 - At sea, as there are times when it can suddenly become deep or the water temperature can rapidly change, please be careful.
 - For rivers, as there are areas where the flow of water is rapid, and it can suddenly become deeper, please be careful.
 - Even if the weather is good, the water level of Japanese rivers can suddenly increase, so please take caution.
 - Be aware that in the event of thunder, or if the surrounding area suddenly darkens, the river's water level can rapidly increase.
 - In the event that the weather turns bad, stop swimming and fishing activities.
 - Be aware that on the sea and river bed it is incredibly easy to slip.
 - Be aware that when fishing in rivers or at sea, there is a possibility of falling into a deep area.
- ❖ Preventing Accidents on Mountains ! Things To Remember When Mountain Climbing
 - Keeping in mind your health and physical fitness, choose an appropriate mountain to climb.
 - Create a mountain climbing plan with a route and schedule which allows you ample time to spare.
 - Inform family, friends or even your workplace of your mountain climbing plan.
 - Make sure to bring the necessary items such as food, water, mobile phone and battery pack.
 - Prepare warm clothes in the event that the weather or temperature conditions suddenly change.
 - Aim to mountain climb with multiple people, including those with prior experience.
 - In the event that the weather changes and conditions become worse, stop hiking and turn back.
 - In the event that an accident occurs, use your mobile phone to call either the police or fire department at 110 and 119 respectively. After being rescued, please do not move recklessly.
- ❖ Preventing Bicycle Accidents! Things To Remember When Cycling
 - When you are cycling, wear a helmet and ride on the left side of the road. Make sure to not ride side by side, and obey traffic lights.
 - Do not ride a bike if you have been drinking alcohol, and never ride whilst looking at your phone or wearing earphones. Riding two at a time is also not allowed.
 - If it gets too dark, make sure to turn on your light and avoid cycling too fast.
 - When the weather is bad, refrain from riding your bike, and never use an umbrella whilst cycling.
 - Please park your bicycle at a designated parking spot, and make sure to lock it.