

Dear Residents of  
Kita City Municipal Housings,

July. 2024 (REIWA 6)

Notice from Reception Officers of Kita City Municipal Housings



Reception Officers for Kita City Municipal Housings

Tokyu Community Corp.

(Designated Management Agent)

Direct Dial: 03-3908-1523

Re: Submission of Income Statement

The deadline of submission is July 31 (Wed), 2024, please keep strictly to submit it together with necessary documents. Income Declaration is the important procedure to decide the rent for the period between April 2025 and March 2026. If submission is not done, same level rent with 「near & similar private rental housing」 will be applied. Please take note.

**Caution!!** Recently we sometimes have been receiving similar questions, namely “To keep the low rent, how much income I should earn? “



As you know well, the system of Municipal Housings is the public system to supply housings to families with low income or difficulties in housing problem. So, we cannot reply to such questionnaires!

## Tree Pruning • Pest/Insect Control within the Premises

Tall trees and hedges are to be pruned regularly (every two years from 2023) at the expense of Kita City(Kita-Ku). When pests occurred on these trees, the pests are exterminated by method of spraying chemicals etc. 「チャドクガ(Tea tussock moth)」, the typical pest will occur twice a year, and it is said that a large number of its larvae are most likely to occur in May-June and August-September on the leaves of Theaceae trees.

When it occurs, immediately contact the reception counter.



□■Regular pruning schedule by Kita-Ku.■□

※In principle, it will be held in September once every two years.

### 【REIWA 6 (2024)】

- 東田端二丁目アパート (HIGASHI TABATA 2-CHOME AP)
- 浮間三丁目第4アパート (UKIMA 3-CHOME 4TH AP)
- 赤羽西六丁目第3アパート (AKABANE NISHI 6-CHOME 3RD AP)



### 【REIWA 7 (2025)】

- 浮間二丁目第2アパート (UKIMA 2-CHOME 2ND AP)
- 浮間二丁目第3アパート (UKIMA 2-CHOME 3RD AP)
- 赤羽北二丁目アパート (AKABANE KITA 2-CHOME AP)
- 赤羽北三丁目第2アパート (AKABANE KITA 3-CHOME 2ND AP)
- 浮間三丁目第3アパート (UKIMA 3-CHOME 3RD AP)
- 志茂五丁目アパート (SHIMO 5-CHOME AP)
- 赤羽西六丁目第2アパート (AKABANE NISHI 2ND AP)
- 西が丘一丁目アパート (NISHIGAOKA 1-CHOME AP)
- 西が丘一丁目第2アパート (NISHIGAOKA 1-CHOME 2ND AP)
- 西が丘二丁目アパート (NISHIGAOKA 2-CHOME AP)



**※Regarding to the daily management such as normal tree maintenance, weeding, and cleaning of fallen leaves etc., it is required to be carried by residents by yourselves continuously through Residents' Association etc.**

## Be careful about Heatstroke.

To prevent heatstroke, it is important to take a countermeasure suitable to each place or location. Even if you don't feel thirsty, it's important to stay hydrated whether you're indoors or outdoors.



### [To prevent body heat accumulation]

- Wear breathable, moisture-wicking, quick-drying clothing.
- Prepare cold pack, ice or cold towel etc. to cool your body.

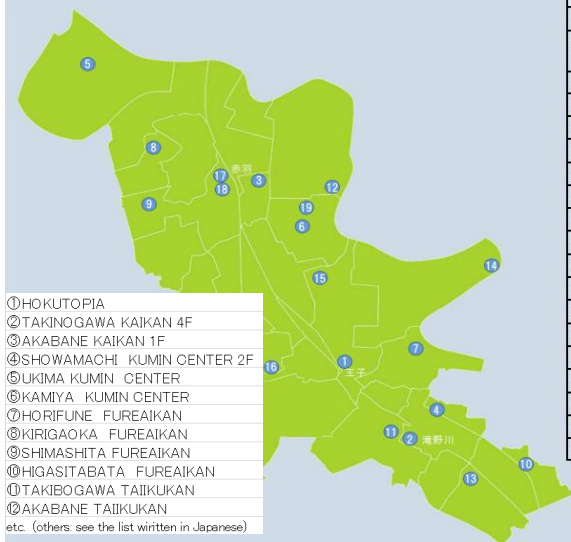
### [When indoors]

- Adjust the room temperature with air-conditioner or fan accordingly.
- Use blackout curtains, bamboo shade etc. to cut out the daylight.

### [When outdoors]

- Wear the parasol and hat.
- If it's sunny, use the shade and take a rest timely.
- There are many public space to cool off 「すずみどころ (SUZUMI DOKORO)」 in KITA City. Main places for cool down within KITA City are as below:

### Main SUZUMIDOKORO (Places for cool down)



①HOKUTOPIA  
②TAKINOGAWA KAIKAN 4F  
③AKABANE KAIKAN 1F  
④SHOWAMACHI KUMIN CENTER 2F  
⑤UKIMA KUMIN CENTER  
⑥KAMIYA KUMIN CENTER  
⑦HORIFUNE FUREAIKAN  
⑧KIRIGAOKA FUREAIKAN  
⑨SHIMASHITA FUREAIKAN  
⑩HIGASITABATA FUREAIKAN  
⑪TAKIBOGAWA TAIKUKAN  
⑫AKABANE TAIKUKAN  
etc. (others: see the list written in Japanese)

開 設 場 所	住 所
①北とびあ 2階共有スペース	王子1-11-1
②滝野川会館 4階エレベータホール待合スペース	西ヶ原1-23-3
③赤羽会館 1階PRコーナー	赤羽南1-13-1
④昭和町区民センター 2階共有スペース	昭和町3-10-7
⑤浮間区民センター	浮間2-10-2
⑥神谷区民センター	神谷3-35-17
⑦堀船ふれあい館	堀船3-7-12
⑧桐ヶ丘ふれあい館	桐ヶ丘2-7-43
⑨島下ふれあい館	赤羽西6-10-12
⑩東田端ふれあい館	東田端2-20-51
⑪滝野川体育館 1階ロビー	西ヶ原2-1-6
⑫赤羽体育館 1階ゲストギャラリー	志茂3-46-16
⑬富士見橋エコー広場館	田端5-16-1
⑭みどりと環境の情報館 (エコベルデ)	豊島5-6-1 (豊島五丁目遊び場内)
⑮いきがい活動センター「きらりあ北」	王子5-2-5-101
⑯中央公園文化センター	十条台1-2-1
⑰赤羽文化センター	赤羽西1-6-1-301
⑱イトーヨーカドー 赤羽店	赤羽西1-7-1
⑲イオンスタイル赤羽	神谷3-12-1

涼みどころの情報はこちらから！



ゼロカーボンシティ  
北区 ▶ 2050

北区生活環境部環境課環境政策係  
TEL : 03-3908-8603

Please refrain from using the facility for long periods of time. Please be considerate so as not to cause inconvenience to those around you.

## Outlet dedicated for Air conditioner

If two or more outlets(sockets) are required to install two or more air conditioners, the residents should be responsible for the cost and arrangement, including the installation of breakers. (\*Outlets is called コンセント”CONSENT” in Japan. Some of Japanese also miscall plug as コンセント, which please note.)

- \* It is necessary to restore the original condition when moving out.
- \* When installing an air conditioner outlet, you do not need to apply for housing remodeling.

If there is no circuit at all (although it's hard to imagine) , please contact the housing reception counter.



## Let's create an environment where mosquitoes are not easy to occur.

In these years, the risk of mosquito-borne infectious diseases is attracting attention. In order to prevent the spread of infectious diseases, it is important to create an environment that is difficult for mosquitoes to occur.

### Important points to decrease the number of mosquitoes

- Eliminate puddles of water.
- Clear away unnecessary things.
- Change and clean the water used for watering and waterproofing once a week.
- Prune and weed bushes and grassy areas that have poor ventilation and sunlight to improve ventilation and sunlight.

### Important points to avoid mosquitoes bite

- When outdoors, wear long sleeve shirts and long pants to avoid exposing your skin.





# Self-defense Firefighting Training

## ■Self-defense firefighting training is necessary to reduce damage of a disaster!

It is unpredictable when and where disasters such as fires and earthquakes will occur. In order to protect you and your family and to minimize the damage, it's very important to actively carry out self-defense training. Please carry out regularly and make sure about the evacuation site and route.



## Online Self-defense Firefighting Training is a New Style of the Firefighting Training.

**ネットで自衛消防訓練** Online Self-defense Firefighting Training

火災が発生した時の自衛消防隊の基本的な活動を、ストーリー仕立てで解説!!

**火災発見**

火災を発見したら、初めに何をしますの?

**119番通報**

119番通報をしたら何を聞かれるの?

**初期消火**

安全に消火するポイントは?

**避難誘導**

どこに避難誘導するのが正しいの?

**ネットで自衛消防訓練 ~小規模社会福祉施設用~** Example for small social welfare facilities

基本的な活動要領(火災発見、119番通報、初期消火、避難誘導)の他に、小規模社会福祉施設特有の火災通報装置による自動通報や自力での避難が困難な人の搬送方法についても解説!!

**自動通報**

火災通報装置

**搬送方法**

東京消防庁

- ・支持搬送
- ・背負い搬送
- ・横抱きの搬送 など

**ネットで自衛消防訓練 ~消防用設備の取扱い要領~** How to use firefighting equipment

火災発生時に使用する消防用設備の取扱い要領や使用時の注意点を解説!!

**消火設備**

消火器  
屋内消火栓 など

**警報設備**

自動火災報知設備  
放送設備 など

**復旧方法**

スプリンクラーの水の止め方を知っていますか?

**その他**

防火シャッター  
緩降機 など

**「ネットで自衛消防訓練」の使用法(例)** How to use online training (sample)

①訓練方法をメール等で知らせる

防火管理者

今回は「ネットで自衛消防訓練」を使って訓練をしよう!

管理人 防火管理者  
関係 社員  
件名 自衛消防訓練について

今回の自衛消防訓練は動画を視聴して訓練を行います。

この旨で、各々で自分の所属に動画を視聴し、建物の設備と避難経路を確認してください。最後に避難経路チェックシートを提出してください。メールで返信してください。

動画のダウンロードURLは、お送りいたします。

②各々で動画を見る

動画だからいつでも見られて便利!

あっ!間違えた!この使い方は知らなかったな...

☆家でできる ☆会社でもできる

③動画を見た後、チェックシートを作成する

チェックシートで自分の理解度が分かるんだ!最後に設備も確認したいわね!

**自衛消防訓練チェックシート**

視聴できた内容をチェックしよう

☐ 初期消火 ☐ 119番通報

☐ 避難誘導

あなたの勤務先の設備の場所と避難経路を確認しチェックしよう

☐ 消火器 ☐ 屋内消火栓

☐ 避難経路

④勤務先の設備の設置場所や避難経路を確認する

消火器はここにあってんだ。受信機は避難経路が通うから、操作方法を確認しよう。避難経路はここに誘導しよう!

受信機

消火器

**アクセス方法** How to access the site

YouTube 東京消防庁公式チャンネル  
東京消防庁公式アプリ  
東京消防庁HP で公開中!!

ネットで自衛消防訓練 検索

<https://www.tfd.metro.tokyo.lg.jp>

<東京消防庁HP からアクセスする場合>

①東京消防庁HP トップ画面の下にある、「知識を深める」をクリック  
②出てきた項目の中の「電子学習室」をクリック

③「電子学習室メニュー」をクリック

④「事業所の皆様へ」から見たい動画をクリック

Attached herewith Self-defense Firefighting Training Manual, please use it when your apartment holds training.

□□■ I would like to say a few words as a reception officer. ■□□



Really hot season is coming soon. That's my least favorite season! I don't have a strong body that can withstand the rain, wind, snow, and summer heat, so I just pray that autumn will come soon. Only the countermeasures for me are to drink plenty of water and cool down moderately. Everyone, please be careful of heat stroke.

(区営住宅受付担当: 細田)

(Mr. M.Hosoda, Reception Officer for Kita City Municipal Housings)

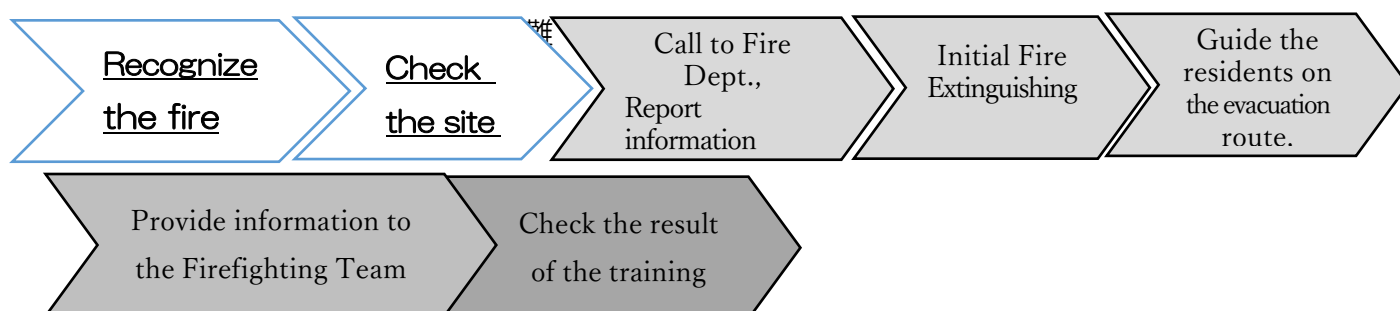


# Self-defense firefighting training execution manual

## ■Introduction

This manual briefly describes how to conduct training. Assuming that residents will panic in the event of a fire, and that the manual will not be followed, let's train all residents to remember well to evacuate safely.

## ■Flow of the training



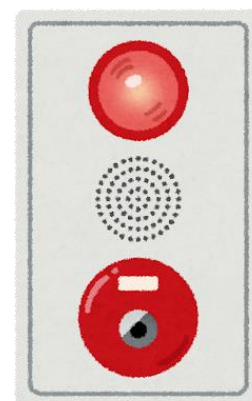
※ In the case of an actual fire, it does not mean that reporting, extinguishing, and guidance of evacuation must be done in order. Based on the actual situation, such actions should be proceeded at the same time.



**Fire has occurred !!**

## ■ When you have found a fire

- ① 「Fire! <sup>かし</sup>火事だ!」: Shout twice loudly.
- ② Call the Fire Dept.(119). Use an emergency bell, etc. to inform residents of the occurrence of a fire. Then, start the initial extinguishing with the fire extinguisher nearby.



【How to inform to Fire Dept.(119)】 sample

Informer : Call 119

Fire Dept : 「Yes, this is 119 Fire dept. Is it a fire ?」

Informer : 「Yes, FIRE!」

Fire Dept : 「Where is the place ?」

Informer : 「KITA-Ku〇〇、〇-Chome 〇〇—Ban 〇—Gou の〇〇アパートです。」

Fire Dept : 「How many floors is that building ? Which floor is on fire ?」

Informer : 「〇 floors. The Xth floor is on fire.」

Fire Dept : 「Any resident has not yet escaped ?」

Informer : 「〇 persons have not yet escaped.」 「All residents have already escaped.」

Fire Dept : 「Is there any visible building nearby ?」

Informer : 「There is a 〇〇 nearby. (〇 side of the 〇〇 building.)」

Fire Dept : 「Please tell me your name and telephone No.」

Informer : 「My name is 〇〇. Tel No. is 〇〇〇—〇〇〇〇—〇〇〇〇」

Fire Dept : 「I got it! We'll go there soon」

119番



In the event of a fire, people will panic and will not be able to explain things calmly, and it will take time. In order for everyone to report smoothly, it is effective to practice on a regular basis and post a sample of report to the fire dept. near the phone.

## ■ Initial Extinguishing

【How to use the Extinguisher】



1. Remove the safety pin
2. Aim the hose to fire
3. Grab the lever and shoot the extinguisher

### <How to keep your safety>

- ✓ Please keep the proper distance with fire.
- ✓ At the initial stage of extinguishing, back fire or the scattering of burning material would occur. Please be careful accordingly.
- ✓ First, secure your exit route. If the fire is spreading in the room that started the fire, or the fire has already reached to the ceiling and spreading now, please make evacuation a top priority.



In the case of an actual fire, it is more likely that those who are near the fire breakout will take action to extinguish the fire, so it is important for all residents to know how to use a fire extinguisher.

### ■ Guide the residents' evacuation

#### 【Select the way for evacuation】

When escape, please select the route where is no risk of smoke or fire, do not get close to the fire source.

#### <How to secure the safety>

- ① Have two or more escaping routes in different direction.
- ② Do not leave goods that may hinder evacuation at corridor, entrance, exit or stairs.
- ③ If you found it difficult to extinguish the fire, please do not overdo, and escape immediately.
- ④ Never use elevator, when evacuating.
- ⑤ Please close the door of your house.

#### 【How to guide the residents to evacuate】

For those who can evacuate by themselves, please tell them from where to where they should evacuate in a loud voice. In addition, give them following instructions: To avoid inhaling smoke, cover nose and mouth with a handkerchief, etc., and evacuate in a low posture.



It is important to always anticipate all possible fire locations and to confirm safe routes to each. In preparation for an emergency, everyone should discuss and confirm how to evacuate.



## ■Provide necessary information to Firefighting Team

When Firefighting Team arrived, please give them following information.



- ① All residents escaped or not. Anyone still at the fire site?
- ② Are there any injured persons?
- ③ Where did the fire start? What's burning? How is the burning range?
- ④ Is the initial fire extinguishing done?
- ⑤ Other necessary information

## ■Check the result of evacuation training

- ✓ How long did it take to evacuate? How was the time, comparing to the last time training.
- ✓ Was the report to the Fire Dept. done properly?
- ✓ Handling of the extinguisher is OK or not.
- ✓ Were the Routes of the evacuation adequate and safe?
- ✓ Was there any danger during evacuation guidance?
- ✓ Were the instructions during evacuation properly communicated?
- ✓ Was the coordination of reporting, firefighting, and evacuation guidance smooth?



### Other information

Although humans can usually act calmly at normal situation, but, when faced with a life-threatening danger such as a fire, they will not be able to make rational decisions, and may take following impulsive behaviors. It is important to avoid such situations in daily training.

#### 【Psychological state that is easy to fall into in the event of a fire】

- Homing behavior • • • Try to escape by following the route you came in.
- Familiar route orientation • • • Tend to escape through familiar route.
- Heliotropism • • • Tend to escape to the bright direction
- Risk aversion • • • Tend to escape for the direction where smoke or flames cannot be seen.
- Tendency to follow crowd • • • tend to follow crowd of people.
- Tendency to get places that are open • • • Tend to escape for the direction that looks open,
- Choice of easy-to-find route • • • Select the route seen first or easy-to-find route.
- Close range selection • • • Tend to select nearest stairs short-cut route.
- Select straightness • • • Choose a straight staircase or hallway, or go straight until you come to a dead end.