

Fire Prevention by Everyone



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Main causes of residential fires in 2018 (Tokyo Fire Department)

1 Gas cookers, etc.

2 Cigarettes

3 Electric stove heaters



Do not leave gas cookers unattended when cooking. If you do have to leave them, turn off the gas, even if only for a short time.



Don't smoke in bed, and don't let others smoke in bed.



Never place flammable items near stove heaters.



Use fire-proof bedding, clothes and curtains to prevent the outbreak of fire.



Create collaborative systems with neighbors to protect the elderly and disabled.



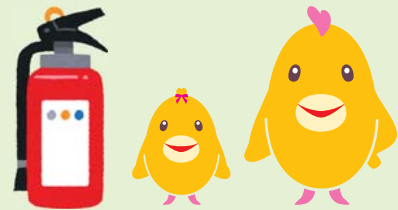
Learn how to use fire extinguishers.

In times of emergency

- **Dial 119 immediately if you hear automatic fire alarms**
- **Observe the directions of fire fighters when they arrive, and evacuate to a safe location**

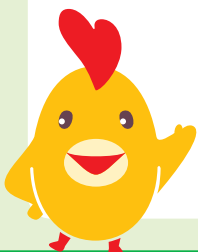
Use of residential fire extinguishers

- Your apartment includes a residential fire extinguisher.
- If you discover the outbreak of fire, use the residential fire extinguisher installed to extinguish it in the early stages. However, call 119 if the fire gets out of control and starts to spread. Evacuate as expediently as possible and following all directions issued by fire fighters.
- Always leave the residential fire extinguisher in its regular place and carry out management and inspections in alignment with the instruction manual attached to the fire extinguisher.
- If you notice anything wrong, call telephone number ② for the JKK Tokyo Customer Center listed on page 10.



Are residential fire alarms and residential fire extinguishers available in times of emergency?

Residential fire alarms are replaced about once every ten years and residential fire extinguishers are replaced about once every five years, although there are cases in which these could not be replaced because the residents were not at home. Aging equipment may delay the outbreak of fire being discovered and prevent the fire from being extinguished in the early stages, so observe the following if you do not have these items installed or if they have not been replaced:



➔ Contact telephone number ② for the JKK Tokyo Customer Center listed on page 10.



About multilingual edition of JoyLiV

<https://www.to-kousya.or.jp/nyukyosha/kousya/foreignlanguage.html>



JoyLiV 英語版、中国語版、韓国語版を公社ホームページに掲載しています。

JoyLiV is available in English, Chinese and Korean editions on the Metropolitan Housing Supply Corporation website.

公社网页将登载 JoyLiV 英文版、中文版、韩文版。

JoyLiV 영어판, 중국어판, 한국어판을 공사 홈페이지에 게재하고 있습니다.

Guard Against Frailty!

Exercising: Stage 1 - Step Aerobics

Frailty refers to deteriorating physical and mental capabilities (muscle strength, cognitive functions, etc.) due to aging that occurs prior to the need for nursing care.

When treated appropriately, it is possible to delay the onset of frailty and return sufferers to a healthy condition.

Exercising and a well-balanced diet help delay muscle deterioration and prolong healthy lives (period during which it is possible to remain healthy and self-sufficient), so taking up hobbies and getting out and about are recommended.

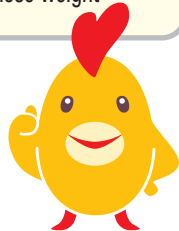
In stage 1 of our series on exercising we introduce step aerobics.

Step aerobics are...

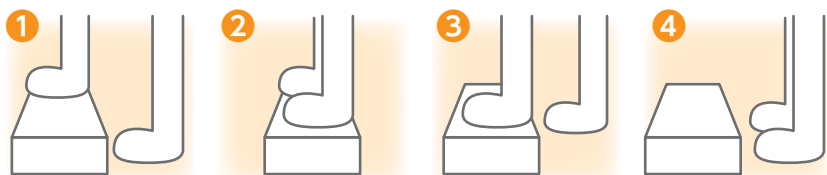
Aerobic exercises (*1) in which stepping onto and stepping off of stairs or steps is repeated.

Recommended for people like this...

- People who stumbled frequently
- People who soon become out of breath
- People who wish to lose weight



Method...



- 1 Place your right foot (or left foot) on the step
- 2 Place your other foot (left or right) on the step
- 3 Place the first foot back onto the ground
- 4 Place the other foot back onto the ground
- 5 Return to 1 and repeat through to 4



Light

Elderly people and beginners (light load)

Step Height: Around 5cm to 10cm

Number of Times: One set of between 10 and 20 times, two or three sets per day

Precautions

- Hold onto a handrail or wall to perform the exercises safely
- Do not force yourself to do them if you feel pain or have concerns over your physical condition
- Do not overdo them (consult with your family doctor if you are concerned)
- Magazines and newspapers piled up to make steps are unstable and slippery and should be avoided unless they can be firmly locked in place
- Drink plenty of liquids

Once you get used to them

- Gradually increase the height of the step and the number of sets you do

Heavy

People who think they can do a bit more, people used to it (slightly heavier load)

Step Height: Around 10cm to 15cm

Number of Times (Length of Time): 10 minutes up to a length that is not overdoing it

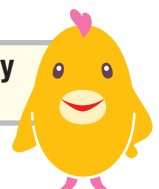
Precautions

- Hold onto a handrail or wall to perform the exercises safely
- Do not overdo them
- Magazines and newspapers piled up to make steps are unstable and slippery and should be avoided unless they can be firmly locked in place
- Drink plenty of liquids

Once you get used to them

- Keep your posture straight
- Swing your arms

In order to continue the exercises, do not force yourself to do them, enjoy them, and carry them out in alignment with your daily physical condition



(*1) Aerobic exercises are sustained exercises carried out while breathing deeply (getting as much oxygen into the lungs as possible). (Example: Walking, cycling, slow swimming, etc.)

Repair and Improvement Payment Categories Revised

JKK revised the repair payment categories in September this year in alignment with revisions to civic laws, revisions to the Rental Property Standard Contract Guidelines issued by the Ministry of Land, Infrastructure and Transport, and the actual conditions prevalent in rental properties.

Illustrations have been used to explain the repair payment categories revised since the previous issue (Issue 1). **[This issue (Issue 2) targets living space (bathrooms and washrooms are scheduled for the next issue).]**

1 Date on Which the Revisions Come into Effect

September 2 (Monday), 2019

2 Repair and Improvement Payment Categories

The residents will be obliged to cover costs in the following cases, even when they are marked as being paid by JKK.

- Soiling damage caused by the resident intentionally, through negligence or by failing to perform daily maintenance, and soiling damage, discoloration, wearing and daily maintenance (simple maintenance, screw tightening, oiling, cleaning) within a range that does not prevent the use of the residence are to be paid by the resident.
- Replacement and repair of facilities and equipment, etc., installed by the resident
- Work involved in moving furniture when necessary and the costs incurred during the implementation of repairs and improvements, etc.

Living Space

① Floor

- Replacing the surface, replacing the borders and delousing tatami mats **Paid by resident**
- Removing cushioned floors **Paid by JKK*1**
- Rotting and warped tatami frames **Paid by JKK**
- Sagging floors, creaking floors, warped flooring **Paid by JKK**
- Rotting and warped tatami mats **Paid by JKK*2**

② Sliding Doors

- Sliding door paper torn **Paid by resident**
- Unable to open/close, damaged fittings **Paid by JKK*2**
- Unable to open/close mass-produced sliding doors **Paid by JKK**

③ Walls, Ceiling

- Ceiling insulation and tile peeling **Paid by JKK**
- Remarkable vinyl cloth and paint peeling **Paid by JKK*2**
(Excluding that which does not affect daily life (partial peeling, etc.))

④ Sills and Lintels

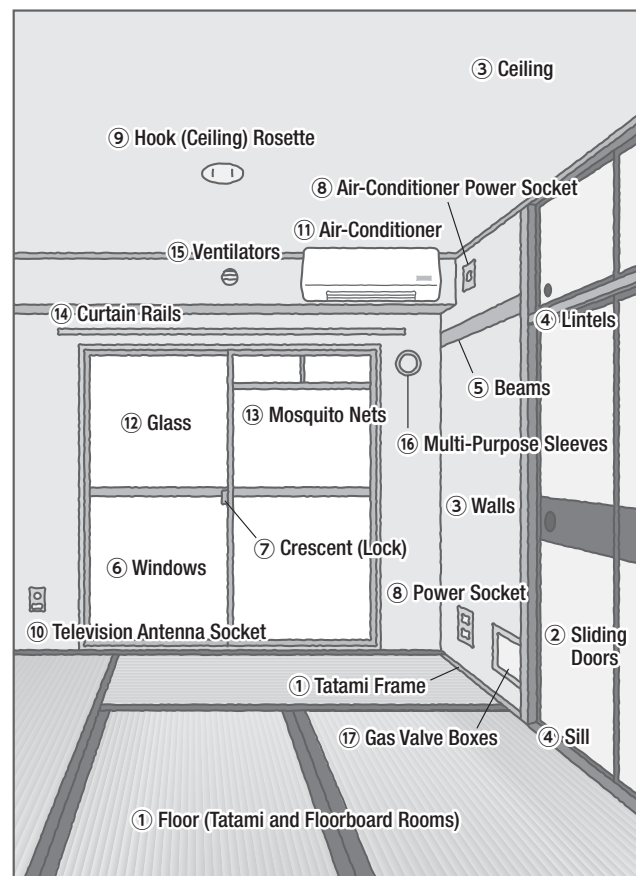
- Warping, sagging, wearing **Paid by JKK**

⑤ Beams

- Loose, detached **Paid by JKK**

⑥ Windows

- Unable to open and close smoothly, warped **Paid by JKK**
- Breakage and repair due to checking on safety **Paid by JKK**



⑦ Crescent (Lock)

- Doesn't lock smoothly **Paid by JKK**
- Loose, broken **Paid by JKK**
- Key mislaid **Paid by resident**

⑧ Switches, Power Sockets

- Don't work, broken **Paid by JKK**
- Discolored due to aging **Paid by resident**

⑨ Hook (Ceiling) Rosette

- Loose, detached **Paid by JKK**
- Lights won't switch on **Paid by JKK**

⑩ Television Antenna Socket

- Bad picture, broken **Paid by JKK**

⑪ Air-Conditioners, Heat Radiators

- Filter cleaning, replacement **Paid by resident**
- Malfunctioning, broken remote controller **Paid by JKK**
- Remote controller battery replacement **Paid by resident**

⑫ Glass

- Wire-reinforced glass heat cracks **Paid by JKK**
- Damage caused by typhoons, high winds, earthquakes or other natural disasters **Paid by JKK*1**
- Damage caused by checking on safety **Paid by JKK**

⑬ Mosquito Nets (Nets installed by JKK)

- Net replaced **Paid by resident**
- Unable to open and close smoothly, warped **Paid by JKK**

⑭ Curtain Rails

- Fallen **Paid by JKK*1**
- Broken curtain runners **Paid by resident**

⑮ Ventilators

- Damaged, fallen **Paid by JKK*1**
- Malfunctioning shutter **Paid by JKK*1**

⑯ Multi-Purpose Sleeves

- Lid lost or damaged **Paid by resident**

⑰ Gas Valve Boxes

- Lid broken **Paid by JKK*1**

The items listed under *1 and *2 are the items that will be paid for by JKK from September 02, 2019. The items listed under *2 will be carried out systematically from people who have lived in the building continually for the longest periods.

3 Repairing and Improving Tatami Mats, Sliding Doors, Paintwork and Vynal Cloth

Because it is difficult to respond to every application for repairs and improvements when received from residents in bulk, the subsequent set of repairs and improvements will be carried out systematically from households that have been in residence for the longest periods.

Tatami Mat Replacement	Rotting and warping, etc.
Sliding Door (Slat, Frame) Replacement	Damage and warping, etc., to the slats and frame owing to defective opening/closing
Partial Wall, Ceiling, Fixture Repainting	Remarkable peeling that may affect the material underneath
Partial Vinyl Cloth Replacement	Remarkable peeling that may affect the material underneath

Tenants in Continual Residence for 50 or More Years**Eligible Residents**

Residents who have lived continually in the building for more than 50 years as of September 02, 2019, are eligible for this work.

* Work on the residences occupied by residents who have lived continually in the building for more than 50 years from and after September 03, 2019, will be carried out systematically after this.

* People residing in apartments for which instructions on moving to other premises has already started and apartments for which instructions are scheduled to be issued soon due to building refurbishment work are not eligible for submitting applications for this offer. JKK will also respond to urgent requests for repairs and improvements, so don't hesitate to submit your application.

Period during which eligible residents will be notified

Scheduled for be between December 2019 and January 2020.

Applications for repairs and improvements

Read the notifications sent to eligible residents for details on submission methods and repairs and improvements.

Tenants in Residence for Less Than 50 Years

Applications from tenants who have been in residence for less than fifty years will be dealt with sequentially from the tenants who have been in continued residence for the longest periods after decisions have been made for accepting applications from tenants who have been in residence for fifty or more years.

Introduction to Support Provided for JKK Tokyo Property Occupancy

JKK provides a wide range of support for people occupying JKK properties through a priority system, a rent discount system and other such systems.

Single-Parent Households Occupancy Support

[Support ①: Relaxation of Income Examinations]

In the event of the applicant's monthly income not satisfying income standards, it is possible to add the monthly income received from "Child Care Allowances" and "Child-Rearing Allowances" provided by local autonomous authorities when the income examination is carried out.

[Support ②: Child Development Discount]

It is possible for **single-parent families** moving into certain vacant homes in urban areas to receive a **20% discount** on the monthly rent either up until the child is eighteen years of age, or for a period of three years.

[NEW]

Newly-Married and Married Couple Households

Occupancy Support

[Support ①: Priority Application System for Families with Children]

A system in which priority is given for a period of seven days from the official launch of application receipt for apartments stipulated by JKK.

(*New-married couples have been added to eligible households)

[Support ②: Couple Support]

Married couples moving into certain vacant homes in urban areas will receive a **20% discount** on the monthly rent for a period of three years if either the applicant or his/her spouse is forty years old or younger.

* Other occupancy support systems, such as the "Anxiety-Free Neighborhood Registration System" and the "Step 35 Discount System", are available! See our website for details on the system and eligible residences.

Friend introduction fair



Campaign period **October 1 (Tuesday) to October 31 (Thursday)**

Introducers and contract conclusers
Gift coupons for both!

Introduce a **Friend**
Presents for both introducer and contract concluser!

10,000 Gift Card Worth Present

If the introducer is a **child-rearing household**
Both introducer and contract concluser will also receive

10,000 Gift Card Worth Present

If your friends are looking for an apartment, please introduce them to JKK Tokyo rental housing. Visit our website for details or to download the "Friend introduction fair" introduction form.
<https://www.to-kousya.or.jp/chintai/campaign/2019autumn/>



[JKK housing registration center] Hrs: 9:30-18:00 (Closed: Sun, Nat Hols)

03-3409-2244 (Main)

[Lessor]

JKK Tokyo Metropolitan Housing Supply Corporation

Promotion expiration: October 31, 2019

あなたのために。くらしのために。



せびりえん

統計調査



みぶねん

高齢でも
バリバリ働く人、
最近増えるの？

結婚・出産後も
働く女性って
たくさん
いるのかしら？

雇用が見える 労働力 調査

健康のために、
何かして
いるのかな？

お母さんは値段を
よく見てるけど、
そんなに
変化してるのかな？

消費が見える 家計調査

物価が見える 小売物価 統計調査

食生活は、
どのように変化して
いるのかな？

私のおじいちゃん
私と同じ物買ったのに
値段が
違ったみたい...!

答えは？



総務省統計局が行っている統計調査は、調査対象者の選定や調査の実施を
厳重な管理のもとで行い、調査結果を正確なデータとして公表しています。

携帯・スマホはコチラから▲
※一部の機種・アプリで読み取れない場合がございます。

統計調査員がお伺いしましたら、ご回答をお願いします。



皆様の個人情報は厳重に保護されます。



統計調査を装った「かたり調査」にご注意ください。

<https://www.stat.go.jp/>

統計局

検索



総務省統計局・東京都

※センサスくんとみらいちゃんは総務省統計局のイメージキャラクターです。

Using Public Corridors, Stairways and Balconies

1 Do not place anything in the public corridors or on the staircases

Public corridors and staircases are vital evacuation routes. Placing baggage and bicycles, etc., in these locations will not only hinder normal passage, it will also create obstacles when evacuating in the event of fire.

2 Objects must not be placed so that they obstruct the opening and closing of fireproof doors

Placing objects in front of fireproof doors may prevent them from functioning and lead to the spread of fire, so this must be avoided at all costs. Clear away all objects that are placed in front of fireproof doors.

3 Do not place objects near to balcony partitions, etc.

The partitions between balconies and the evacuations hatches equipped with ladders have been installed to provide evacuation routes in the event of fire. Placing objects near to these will block the evacuation routes, so this must be avoided.

4 Make sure nothing is dropped over the balcony when hanging out futons and laundry

Hang out all futons and laundry on the inner side of the balcony, and fix them firmly in place to prevent them being blown away by the wind.

Also, do not place items on or hang items over the balcony fence, as this increases the risk of them falling.

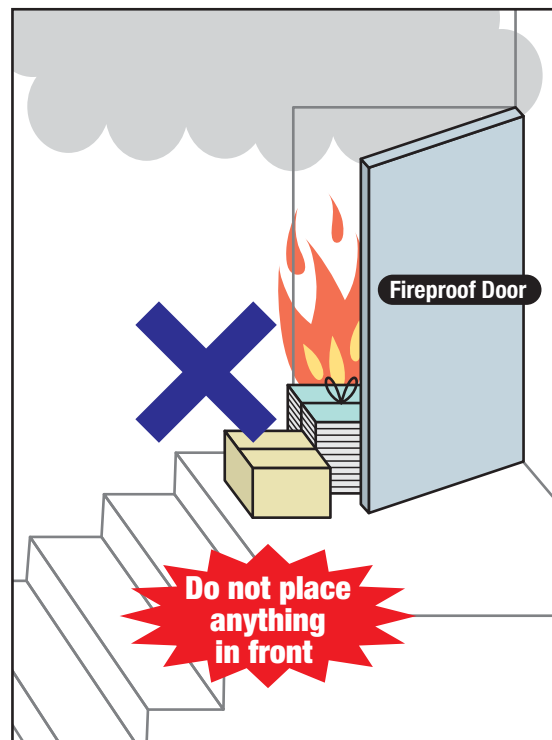
5 Do not throw away water on the floor of the balcony

Balcony floors are not completely waterproofed. Discarding water on the balcony may therefore result in it leaking to the apartment below. Also, drains traps blocked by mud or other items may cause water leaks during rainfall, so make sure they are cleaned regularly.

6 Consider other residents when smoking in public areas, on the stairs and on balconies, and take care over the way in which fire is handled

The smell and smoke when smoking in public areas, on the stairs and on balconies may inconvenience other residents and subject children to second-hand smoke.

There are also many cases in which cigarettes that have not been completely extinguished cause fires. Failure to completely extinguish cigarettes increases the chance of fire spreading to laundry and futons, and is extremely dangerous. Also, take especial care over discarding cigarette ends in consideration of your neighbors.



Moving Bicycles Through Public Areas

The number of people temporarily storing bicycles in their apartments is on the increase recently. This sometimes causes trouble in public areas, so make sure you observe the following points.

- Do not ride bicycles along corridors or in the entrance hall.
- Do not park bicycles in public areas (staircases, corridors, etc.) inside the building (or in front of your apartment door).
- Do not place bicycles on balconies that serve as evacuation routes during emergencies.
- Consider the safety of other residents when carrying bicycles up and down stairs, along corridors or through any other narrow spaces.
- Pay especial attention to avoid damaging the walls, etc., of residences owing to collisions with bicycles.

Please make payments of rent, etc. by bank transfer!

Easy

Monthly sum automatically transferred from the specified bank account on the 7th of every month!

Anxiety-Free

No time wasted visiting the bank to pay!
No worries over forgetting to pay!

**Bank transfer
Three
Advantages**

Simple

Fill in the application form and submit it to your bank to commence the service approximately two months later!

Bank Transfer Application Form

The application form will be mailed to your home, so simply contact the JKK Customer Center. Procedures will be completed within around two months.

Questions regarding procedures are addressed in a Q&A format on our website!

From here→



Precautions When Using Elevators

- To Residents of Buildings Containing Elevators -

You are requested to observe the following when using the elevators.

(Failure to observe these may result in accidents or malfunctions caused by hands and fingers getting caught in closing doors.)

◆ **Do not touch or lean against the door. Also, do not bang anything against the doors, or get anything caught between the doors.**

* If long rope-like items (skipping ropes, scarfs, purses with shoulder straps, etc.) get caught in the doors and the elevator starts moving, it could result in a serious accident, so special care is required.

◆ **Leave the elevator car after the doors have fully opened. You may get caught in the doors if you bang into them while they are still opening, or the doors may malfunction.**

* Take particular care when using baby buggies and trolleys, etc.



◆ **Make sure that children are accompanied by grown-ups when they use the elevators.**

◆ **Do not jump up and down or otherwise cause a fuss while in the elevator.**

◆ **Press the buttons carefully.**

◆ **Make sure you don't drop trash, small items or anything else in the door's operating grooves.**

JKK Tokyo Customer Center telephone numbers

★ Persons wishing to contact the area office, please also use this telephone number.

Reception hours 9:00 a.m.~6:00 p.m. (Closed on Saturday, Sunday, national holidays and year-end and New Year holidays)

From November, you will be connected to the operator after an automated guidance message stating "This call will be recorded for the purpose of improving quality" has been read out

● Consultation regarding various procedures, payment of rent, living conditions

① ▶  **0570-03-0031**

● Application or consultation regarding repairs

② ▶  **0570-03-0032**

*Call phone No. ② for emergency repair of leaks, etc., accidents, fire, or other issues pertaining to the safety of residents

● Calls to 0570 numbers will be charged at the local-call rate if made from a landline. (Public telephones and PHS excluded)

● If calling from a mobile phone, any free-call or discount services of the phone company will not apply.

(Call center operates 24 hours a day, 365 days a year)

● Residents who are unable to use Navi-Dial and residents using free cell phone call services and discount services

☎03-6812-1171 You will be connected to the operator after you have selected a number that matches the contents of your inquiry during automated guidance.

Use the following telephone number **from November 5th (Tuesday)** (Not necessary to choose different numbers depending on your inquiry).

● Consultation regarding various procedures, payment of rent, living conditions

① ☎ **03-6279-2962**

● Application or consultation regarding repairs

② ☎ **03-6279-2963**

If you are not in a hurry, please avoid calling between **9:00 am and 10:00 am in the morning on Mondays or the day following a holiday, as phone lines are always very busy at these times.**