

Protect your own safety by yourself! Part 4

“Surviving Avalanches”



The most dangerous disasters for people who enjoy skiing and mountain climbing are avalanches.

An “Avalanche” is a phenomenon where accumulated snow slides off the mountain surface due to the loss of balance.

If you are caught in an avalanche, in most cases you are not able to avoid it by skiing or snowboarding, as the dry snow slides at speeds of more than 100km/h.



Even if you are caught in an avalanche, you should continue efforts to get out of the snow by acting as if you were swimming in the snow.

You should cover your nose and mouth with both of your hands to avoid snow stopping your nose and mouth, and if there is a rock or tree within a reachable distance, cling to it tightly.

While you are being swept away in the snow, scream loudly to let your presence be known by people in the vicinity.

However, the first thing you should mind to avoid getting caught in an avalanche is not to step in areas where skiing is prohibited at the ski resort. When climbing mountains, you should keep away from wide slopes with no hindrances, paths along glens, or areas under a block of snow sticking out.

In early spring, the time when avalanches occur most, you should be especially careful at times when it has rained or the temperature has gone up suddenly.



Avalanches can occur on ordinary roads in sightseeing spot areas and forest roads, due to a sudden heavy snowfall, and there may be cases where automobiles are involved.

You are recommended to get information about the dangerous spots on the road you will drive on in advance.