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## **Attempt of Development of the Safety and Hygiene Petit-Guide ( handy guidebook ) for Disaster Relief Volunteers**

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**Objective:** The objective of this study is to develop the safety and hygiene guidebook that can be easily used by the volunteers working in the disaster field.

**Methods:** The Authors investigated the actual condition of disaster relief volunteers in the fields, and developed a draft of an experimental safety and hygiene guidebook. Key contents include: a self checklist of the conditions before starting the work, management of the workload and the rest periods, monitoring each others health conditions, and psychological follow-up after the completion of work. The draft guidebook was distributed to a group of volunteers, and enlarged copies were posted in each Volunteer Center during the relief work following the Niigata-Ken Chuetsu-Oki earthquake. Interviews and observations were noted immediately following the distribution, and again three months later.

**Results:** The majority of the volunteers are not trained, and the most of the volunteers did not have any specialty skills or knowledge concerning safety hygiene. It is very hard to help the volunteers to understand the concept of the crisis management, because the orientation period before the activity was very short time. During the study, 68 volunteer center staff were interviewed. 41/68 (60%) of staff noted that they were actually using the guidebook. 32/68 (47%) evaluated the guidebook as appropriate explanatory material. An additional 249 volunteers were also investigated, of which 204 (82%) had used the guidebook. 182 /249 (73%) volunteers evaluated the guidebook noting that they used it to manage their own health.

**Conclusion:** A Handy Guidebook (Petit-Guide) for disaster relief volunteers on risk management (safety and hygiene) is useful. The results of this research have been used to update the guidebook. The improved Petit-Guide should be distributed to volunteers assisting at future disasters, and be more widely used. To reduce the number of volunteer casualties during the disaster relief activities, the research undertaken on safety and hygiene should be built on and the working environment and knowledge of the volunteers should be improved.

**Key Words:** safety hygiene, crisis-management, volunteer, disaster