성균관대학교 신입생들을 위한 인권안내서

성균관대학교 인권센터

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2023
To read an English manual, please scan this QR code.
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We welcome all new students who are taking their first steps as freshmen at Sungkyunkwan University. This manual intends to suggest some guidelines related to human rights and safety for a safe and secure college life for everyone.

All current students, including freshmen, are on an equal footing as members of Sungkyunkwan University. Keep in mind that everyone should create an equal relationship by refraining from disparaging or ignoring a specific age, year of admission, gender, region of origin, or religious view. In all activities of university events, we should create a culture that recognizes the autonomy of each person’s actions and thoughts, and furthermore, ensure that no individual or group is alienated. Most university events are mainly aimed at active exchanges and socializing, but to reach this goal, we must first look at ourselves and know how to respect others as autonomous subjects.

Above all, in order to establish a desirable school culture in which the human rights of all members of Sungkyunkwan University are respected, it is most important that, everyone, including freshmen, must recognize each other as equals and knows that they have the right and duty to create a respected student society and participate in it.
Pandemic prevention and human rights manual for usaeng(유생)

Sungkyun-in, who knows how to love, respect, and be careful for others
COVID-19 Quarantine Rules

Quarantine Rules to Follow in School Life

Since the outbreak of COVID-19, many changes have been made in many parts of college life. The social vigilance was decreased significantly, for the current legal and policy status related to COVID-19 was eased; the distancing system was abolished as of 05:00 on April 18, 2022, except for wearing masks and self-isolation measures, and on April 25, 2022, COVID-19 was lowered to level 2 infectious diseases. People are not being as alert as before since the downgrade of the pandemic quarantine policy. However, we must not forget that COVID-19 still exists around us, and the following are a few suggestions for a safe school life during the era of the pandemic.

1. Make sure to wear a mask when participating in an indoor event.

2. Even when participating in outdoor events, it is recommended to continue to wear a mask if you have symptoms such as coughing.

3. Check your physical condition and visit the hospital quickly if you have symptoms such as coughing or fever.

4. When COVID-19 is confirmed, focus on treatment without participating in events or classes

The Concept of Human Rights

The Necessity of Human Rights Education

Human rights education refers to all educational activities necessary to develop the ability to cope with and overcome human rights violations and discriminatory acts and an attitude of respect for the human rights of others through the acquisition of knowledge and understanding of human rights. 「Article 2 of the Act on Support for Human Rights Education」

Human rights education contributes to creating a society that embodies human dignity and values by improving the level of protection of basic human rights, and is essential education to prevent human rights violations and discriminatory acts. 「Article 1 of the Act on Support for Human Rights Education」
What are Human Rights?

Human rights are human dignity, value, freedom, and rights guaranteed by the Constitution and laws of the Republic of Korea or recognized by international human rights treaties or customary international law to which the Republic of Korea has acceded and ratified (including the right not to be subjected to discriminatory acts, abusive language, or violence in violation of equal rights). Discrimination here refers to academic evaluation, employment, research, personnel affairs, etc. on grounds of sex, race, color, language, religion, political or other opinion, ethnic or social origin, membership in a minority, property, birth, or other status. It refers to acts that give disadvantages to others or create an unfair environment.

What is Violation of Human Rights?

It means an act that violates the minimum fundamental rights that must be guaranteed to be acknowledged as a human being. However, specific actions for human rights violations are not fixed and appear as various actions.

Type of Human Rights Violations

1. Human Rights Violations due to Discrimination
   - Discrimination based on gender, age, sexual orientation and gender identity, marital status, physical conditions, etc.
   - Discrimination based on religion and ideology, political opinions, social status educational background, disability, medical history, etc.
   - Discrimination based on the region of origin, country of origin, ethnicity, race, and skin color.

2. Human Rights Violations that do not Guarantee the Rights of Freedom
   - The act of interfering with one's life, communication, and personal information without one's confirmation
   - Restricting the right to act freely and express opinions based on one's religion, beliefs, and conscience
   - Act restricting the freedom of assembly and association, the right to vote, and the right to be elected

3. Violations of Human Rights by Physical Force
   - The act of inflicting physical violence, such as shouting, physical punishment, or abuse
   - The act of inflicting verbal violence, such as insults, verbal abuse, or abusive language
   - The act of forcing someone to drink or not to go home at a party
4. **Human Rights Violations that do not Guarantee the Right to Education/Work**
   - Infringement of the right to safe and proper education
   - An act of not paying reasonable labor or less than the minimum wage

5. **Human Rights Violations that do not Guarantee the Right to Study/Research**
   - Demanding private errands, abuse of academic authority, forcing students to drop out, etc.
   - Obstruction of the use of experimental and research facilities, unreasonable rejection of research guidance, compulsory change of research topics, infringement of rights to research outcomes, etc.

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**Ways to Deal with Human Rights Violations**

1. Ask people around for help when you feel ambiguous about whether your circumstance is a type of human rights violation.

2. When you believe have a clear way to secure your safety, express your refusal to the perpetrator, and move to a safe place to stay away from the situation.

3. Gather evidence of the violation and ask agencies or organizations for help.
One step by usaeng(유생) for Sungkyunkwan without sexual violence

Sungkyun-in who think that what is right is right and act with respect
Another Violation of Human Rights, Sexual Harassment and Sexual Violence

Sexual Harassment is
An act of sexual harassment refers to making people feel sexually humiliated or loathsome in business, employment or other settings by a working person, an employer or an employee of a public agency who takes advantage of their superior position or sexual comments, etc. regarding their duties, etc. or given disadvantage in employment on the pretext of disobedience to sexual comments or other demands.

「Article 2-3 of the National Human Rights Commission of Korea Act」
Sungkyunkwan University’s regulations define sexual harassment as any act that causes sexual humiliation, shame, or disgust of the other person, regardless of whether a sex crime is established.

「Article 2-3 of the Regulations of the Human Rights Center of Sungkyunkwan University」

Sexual Violence is
Sexual violence crimes are stipulated in the 「Criminal Act」 and 「Special Act on the Punishment, etc. of Sexual Violence Crimes」. In addition to rape, which is an act of committing adultery by making it difficult for the other person to resist through violence or intimidation, sexual harassment, verbal harassment, obscene phone calls, exposure of genitals, sexual abuse, showing pornography, body shooting using cameras, etc., production of pornography, forced prostitution, human trafficking, attempted rape, child molestation, wife rape, etc., sexual acts against the will of the other person are a broad concept that encompasses all physical, verbal, and mental violence. ‘Against the will of the other person’ means to continue or force the act even though the other person does not want or rejects it. Therefore, it is indirect sexual violence to create vague anxiety or fear about sexual violence and to cause behavioral restrictions in the other party.

Baseline for Sexual Shame or Disgust
The victim’s intention, gender, age, the relationship between the perpetrator and the victim, the circumstances leading to the act, the specific behavior of the act, the objective circumstances around, and the sexual morality of the time, etc. are comprehensively considered.

Cases of Sexual Harassment and Sexual Violence to be Aware of on Campus
- Between professors and students: In the event of sexual shame by making obscene remarks, disparaging appearance, etc. during lectures or at public/private drinking parties, sexual harassment and sexual assault of students by implicitly or explicitly inducing credit and degree recognition, thesis passage, career, etc
- Between seniors and juniors (or classmates): Unnecessary physical contact, harassment or quasi-rape, rape, etc. in various school events such as MT and freshmen welcoming party (새내기 새로배움터 축제), and in public or private places such as lecture rooms, clubs, and dining places
- Others: Acts of infiltrating bathrooms or men's/women's lounges for sexual purposes, secretly filming or distributing parts of other people's bodies, such as filming specific body parts of drunk colleagues or classmates.
How to Deal with Sexual Harassment/Violence

[If You Become a Victim of Sexual Harassment or Sexual Violence]

1. Understand the situation
   If you are confused about whether the situation that occurred to you is a sexual assault crime or if you have been victim of sexual assault and are confused about how to deal with it, consult with specialized institutions such as the campus human rights center, sunflower center, and sexual assault counseling center (or student council or college) to make a clearer judgment on your situation.

2. Think about the response you want
   Before reporting, you can consider various aspects related to reporting. You can think about how you want to handle this matter, how much impact the incident will have on your daily life after reporting, and the direction you want to solve the matter, such as the time and energy you can devote to the incident, as well as all the realistic situations around you, and choose the course of action that works best for you. The most important of all is the safety of the victim. After safety is secured, if you need medical support or evidence, you can receive support through the sunflower center.

[In Case of Being Suspected as a Perpetrator of Sexual Harassment/Violence]

1. Respect the victim’s position because sexual harassment and sexual violence can occur even without intention. Immediate and sincere apology for the wrongdoing.
2. Be careful not to mention the details of the incident (victim's identity, etc.) to others.
3. If the victim does not want to meet, do not ask for a meeting, take responsibility for the actions in question, and faithfully responds to the victim’s requests.

[When Sexual Harassment/Violence Occurs in the Vicinity]

1. Sexual harassment/violence is greatly affected by the surrounding people’s attitudes and ways of dealing with it. It is recommended to support the victim emotionally, listen carefully, and talk to the victim, rather than “overreacting” or “getting angry”.
2. Be careful not to cause secondary damage, such as criticizing the victim or exposing the victim's personal information and incident and spreading rumors.
3. It is also undesirable to expose cases related to indiscriminate accusations against those who have been identified as perpetrators.
Everyone's Efforts to Eradicate Sexual Harassment and Sexual Violence

- Be careful about unnecessary physical contact or use of language that may make the other person feel uncomfortable in school life and among event participants.
- Refrain from actions that do not have explicit consent and agreement with others, and even if it is not explicitly consented and agreed, do not regard it as implied consent.
- Consent under the influence of alcohol is not a real agreement.
- Beware of degrading a specific sex or judging an individual’s unique character or behavior by a fixed and generalized sexual consciousness.
- School life and event planning personnel should make clear the distinction between space settings and activities so that different genders can live independently as needed.
- If you are exposed to the risk of sexual violence or suffer damage, you can ask for help through institutions such as campus human rights centers, counseling centers, and sunflower centers.

Illegal Filming is...

Illegal filming refers to photographing a person's body that can induce sexual desire or shame against the will of the person to be filmed, that is, without permission, using a camera or other mechanical device with similar functions, based on Article 14 of the Sexual Violence Punishment Act. If you took photos and videos that may cause sexual shame, the shooting itself is a crime, regardless of the consent of the person concerned.

The Difference between Hidden Camera and Illegal Filming

The term "hidden camera" refers to a prank or event material to surprise the other person, and it is an act that does not distinguish whether it is a criminal act or not. In 2017, the expression of filming crime, which was previously called "hidden camera", was changed to "illegal filming" to raise social awareness of digital sex crimes. Therefore, it is not appropriate to describe a crime using camera shooting, which is an obvious criminal act, as a 'hidden camera'. We must clearly recognize this difference clearly and note that 'illegal filming' is a serious crime and subject to punishment.
How to Deal with Different Types of Illegal Filming Damages

[Illegal Filming]

1. Immediately report illegal filming to 112, the local police station, or a specialized assistance program for digital sex crimes.
2. If you find an illegal filming device installed, report it to the police station.
3. Remember clues that can help you identify the perpetrator, such as the model of the perpetrator’s mobile phone or appearance.
   ※ It is important to catch the perpetrator of mobile shooting as a red-handed criminal, so ask for help from people around the scene of the incident.

[Damage of Dissemination]

1. Obtain evidence of disseminated damage, such as post links, original videos, and captured copies.
2. After collecting the evidence, print one side and bring it to the police station where the offender has jurisdiction or the police station where the reporter has jurisdiction.
3. If deletion support is needed, request deleting by proxy to agencies and organizations that can help. If you want to delete it yourself, you may request deletion from the operator of the site.
   ※ Under the current law, even if a sexual film was filmed under an agreement, filming and distribution are different acts, so distribution without the consent of the person who was filmed will be punished.

[Threats to Spread]

1. Gather evidence of the other person's threats, such as threatening text messages and phone call recordings, and report it to the police station.
2. If the other person has the original recording of the threat, bring it, and report it to the police station.
   ※ The police station has jurisdiction, so if you know the perpetrator’s residence, report it to the perpetrator’s jurisdiction(residential) police station, and if you do not know, report it to the your jurisdiction(residential) police station.
## Organizations that Provide Help

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<thead>
<tr>
<th>Name</th>
<th>Information</th>
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</table>
| 여성긴급전화 (Emergency Hotline for Women)    | **Contact No.:** 1366  
**Service Hours:** 365 days, 24 hours  
**Services Offered:** Link to professional counseling centers, local police, hospitals, legal institutions, etc. |
| 디지털성범죄 피해자지원센터 (Digital Sex Crime Victim Support Center) | **Contact No.:** 02-735-8994  
**Consultation Time:** Weekday 10:00~17:00  
**Services Offered:** Counselling, deletion support, investigation support, etc. |
| 한국사이버 성폭력대응센터 (Korea Cyber Sexual Violence Response Center) | **Contact No.:** 02-817-7959 / hotline@cyber-lion.com  
**Consultation Time:** Weekday 13:00~17:00  
**Services Offered:** Counselling, investigation support, legal support, psychotherapy linkage support, etc. |
| 한국성폭력상담소 (Korea Sexual Violence Relief Center) | **Contact No.:** 02-338-5801  
**Consultation Time:** Weekday 10:00~17:00  
**Services Offered:** Counseling and psychological, medical, and legal support for survivors of sexual violence |
| 한국여성의전화 (Korea Women’s Hot-Line)       | **Contact No.:** 02-2263-6464,5  
**Consultation Time:** Weekday 10:00~17:00  
**Services Offered:** Phone counseling, interview counseling, e-mail counseling, free legal counseling |
| 한국여성민우회 성폭력상담소 (Korean WomenLink Sexual Violence Counseling Center) | **Contact No.:** 02-335-1858  
**Consultation Time:** Weekday 10:00~17:00  
**Services Offered:** Psychological, legal, medical, and other support |
Usaeng’s joyful drinking culture

Sungkyun-in, who knows how to respect and enjoy taste
Drink Moderately

It is encouraged for all students to drink in their capacity. In particular, freshmen with little experience in drinking should never overestimate their drinking capacity, and should not use freshmen welcoming party (새내기 새로운배움터), as a place to examine their drinking capacity. Students should never force freshmen to drink alcohol and should know their physical condition and control the amount and speed of drinking. Since the amount of alcohol you can drink depends on your physical condition, identifying your current condition is the best way to prevent any drinking accidents. Many students often misunderstand the maximum amount of alcohol they can drink as ‘the amount of alcohol they can drink until the film is cut off’. However, the maximum amount of alcohol they can drink should be based on ‘the maximum amount of alcohol that one can control oneself and not get sober on the next day’. One should know when to stop drinking when one believes that he or she has drunk more than one’s drinking capacity, especially when participating in a party after an event, for it is likely that he or she is more exhausted than on normal days. Most importantly, the staffs must create an atmosphere that aims for a desirable drinking culture for everyone’s human rights and safety.

Free to Drink

Everyone should respect the ‘right not to drink’ at drinking parties as well. Everyone should respect each other’s opinions so that students who refuse to drink or want to control themselves are not alienated from drinking just because they refuse to drink or not. The freshmen welcoming party (새내기 새로운배움터) is the first place for existing students and freshmen to meet, so students should try to create a free atmosphere related to drinking. The free atmosphere related to drinking is that everyone can freely express one’s opinion (expression of rejection or moderation) regarding drinking alcohol. It also means that expressing one’s opinion not to drink is not considered as an action that breaks the drinking atmosphere. Lastly, it means that one should not demand another to drink all alcohol in a glass at once. In this regard, in a drinking game, if even a minority does not want to play, the game should not be played, and an environment in which the intention to participate in the drinking game can be freely expressed should be created. In particular, it should be noted that it is difficult for new students to express their disagreement with regard to the drinking as it is their first time meeting their Sungkyunkwan classmates.

Mind One’s Words and Actions

One must always have an attitude of respect for the other person and be aware that careless words can hurt the other person. Students should act more carefully about the possibility of sexual violence that can occur while they are not aware of it. In particular, since drinking is carried out in the freshmen welcoming party (새내기 새로운배움터) for freshmen, even if one do not intend it, one may make remarks and behaviors that can be problematic. Therefore, we must strive to be more prudent in our words and actions so that we can take responsibility for our own actions. Furthermore, all students must be aware that there may be other ways to reject than simply saying “no”.

Usaeng's(유생) joyful drinking culture

คน(人) | 성균인행실도 |
Every year, various accidents are repeated in freshmen welcoming party (새내기 새로배움터) where freshmen and current students get seriously injured, injure each other, or even lose their lives due to excessive drinking and wrong words and actions. In the case of freshmen, it is common to see them drinking too much without knowing how much their alcohol capacity as they just came out of high school. Also, it is not easy to say ‘no’ to the upper-class students it is the first meeting with seniors. Keeping this in mind, students and freshmen alike must pay attention to their own behavior and circumstances and remember that being able to think about not only your human rights but also the human rights of others is a premise to truly having fun. Regarding drinking, one should drink moderately according to one’s physical condition and learn to take responsibility for one’s actions. All students should keep this in mind and create a healthy drinking culture.

Things to Remember when Drinking

1. Keep it Under One’s Alcohol Capacity
   - Know one’s body condition
   - Do not overestimate one’s drinking capacity
   - Do not drink until blackout

2. Do not Force One to Drink
   - Do not consider not drinking as breaking the atmosphere at a drinking party
   - Do not force one shot or bottomless drink

3. Frequently Drink Water
   - Drink a cup of water after each shot

4. Say “No” when You do not Want Another Shot
   - Freely express one’s opinion to drink or not to drink
   - Respect other’s opinion when they decline the drink

5. Do not Drink on an Empty Stomach
   - Have adequate food and water when drinking
**Words and Actions to Watch Out For**

1. **Forcing two specific people into a romantic relationship**
   - After forcing to take friendship shots and love shots, “Hope you two become a couple! Guess you two are already in love!”
   - After forcing one to drink for another person, “Hope you two become a couple! Guess you two are already in love!”
   - Driving two specific people into a romantic relationship

2. **The Act of Sexually Targeting Other Person**
   - Recommending love shot
   - ‘Moutain beyond the moutain’ game (Korean game, 산 넘어 산 게임)
   - ‘Nice Body’
   - Acts of sexually targeting others

3. **Forcing One to Take a Certain Action**
   - Forcing one to dance or sing
   - Forcing one to make cute expression or actions
   - Forcing one to make ridiculous actions
   - Any words or behaviors that bother one.

4. **An Act of Forcing Excessive Drinking for Reasons such as Position, Gender, etc.**
   - Senior(선배) love, peer(동기) love, junior(후배) love, 표면장력, etc.
   - Statements that reinforce gender stereotypes
   - Forcing one to drink based on a certain characteristic

5. **Acts that Disparage a Specific Group**
   - Use of derogatory words
   - Words and actions that degrade gender identity and sexual orientation
   - Speech and behavior demeaning a specific region or school
   - Excessive expression of political beliefs or emotions
   - Words and actions that demean skin color, nationality, race, etc.

6. **Comments that Evaluate Appearance**
   - The act of ranking other students by their looks
   - Evaluating the other person’s appearance without their consent and praising or belittling it
Preferable friendship and safe school life among usaeng(유생)

Sungkyun-in who knows that everyone’s human rights are equally important,
Sungkyun-in who knows how to prevent and respond to possible accidents in group activities
In coming college life, Sungkyun-in will meet various people, build relationships, and engage in various activities. In the process, there are things you need to keep and know to make a healthy relationship.

The Kind of Healthy Relationship

1. Equal Relationship

All students are on an equal footing. We pursue an equal community regardless of year of admission, age, region of origin, religion, political views, social background, etc.

2. Nonviolent Relationship

All students are absolutely prohibited from any physical, mental, or verbal violence. Everyone should be careful not to cause violence due to differences in social power from age, grade, and year of admission and physical strength. Recognize that coercion is also a type of violence and avoid any coercion. Respect mutual personality and human rights in online anonymous bulletin boards such as ‘Everytime’ as well.

3. Relationship without Alienation

All students must avoid a culture that takes certain actions or thoughts for granted in conversation or activities so that any individuals or groups are not alienated. Everyone has different values, preferences, and appearances. Keep in mind that being different is not wrong.

4. Relationship without Aversion

All students should not say words or do actions that disparage or ignore minorities. Do not describe things that are just personal traits as flaws, and keep in mind that everyone has a right to be respected.

5. Relationship that Do Not Go Over Boundary

All students must avoid taking a friendly relationship for granted from the beginning and should not impose burdensome actions. The speed of getting closer to each other in relationships differs for each person. Start with small talk about hobbies or school life rather than sensitive matters and build trust with each other.
# In Campus Institutions that can Help Students

<table>
<thead>
<tr>
<th>Name</th>
<th>Information</th>
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<tbody>
<tr>
<td>카운슬링센터 (Counseling Center)</td>
<td>The Counseling Center is a ‘professional counseling institution’ that helps students develop their potential and lead vibrant college life by allowing students to have wide understanding of themselves. It provides various psychological test services, and helps students solve their problems through 1:1 personal counseling with professional counselors. Every student at Sungkyunkwan University can receive the service for free, and the contents of the consultation are strictly confidential.</td>
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<tr>
<td></td>
<td><strong>Contact Number and Location</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Humanities and Social Science Campus</strong>&lt;br&gt;02-760-1290&lt;br&gt;entrance to the 1st floor of Dasan Hall of Economics, 32107</td>
</tr>
<tr>
<td></td>
<td><strong>Natural Science Campus</strong>&lt;br&gt;031-290-5260&lt;br&gt;2nd floor of Shops &amp; Services Center, 04209</td>
</tr>
<tr>
<td></td>
<td><strong>Homepage</strong>&lt;br&gt;<a href="http://shb.skku.edu/scc/">http://shb.skku.edu/scc/</a></td>
</tr>
<tr>
<td>인권센터 (Human Rights Center)</td>
<td>The Human Rights Center oversees receiving reports and investigating cases, psychological counseling for victims and perpetrators, and operating damage recovery programs for students in need at Sungkyunkwan University.</td>
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<td></td>
<td><strong>Contact Number and Location</strong></td>
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<tr>
<td></td>
<td><strong>Humanities and Social Science Campus</strong>&lt;br&gt;02-760-1299&lt;br&gt;3rd floor of Dasan Hall of Economics, 32327</td>
</tr>
<tr>
<td></td>
<td><strong>Natural Science Campus</strong>&lt;br&gt;031-290-5682&lt;br&gt;inside of the Counseling Center at 2nd floor of Shops &amp; Services Center.</td>
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<td></td>
<td><strong>Homepage</strong>&lt;br&gt;<a href="http://helper.skku.edu">http://helper.skku.edu</a></td>
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<td><strong>Email</strong>&lt;br&gt;<a href="mailto:helper@skku.edu">helper@skku.edu</a></td>
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Preferable friendship and safe school life among usagleun (유생)
To be able to cope with natural disasters, be familiar with the following to safely enjoy events such as entrance ceremony, freshmen welcoming party (새내기 배움터), Daedongje (대동제), and ESKARA.

**Manners when Moving to Prevent Crushing Accidents**

When entering a concert or event hall, running, or pushing the person in front of you can cause a safety accident, hence walk in, and think of order first. When entering or leaving an area, follow the control line and move in order under the guidance of the safety manager, and enter and exit using the passageway and entrance door. Do not sit in a place that is not an audience seat, and do not climb the rooftop, street trees, walls, etc. to watch.

**How to Deal with Fires**

Should a fire break out, determine the surrounding access route before moving, and in the event of a fire in the building, find emergency exits and evacuation stairs and evacuate. In places where there is a lot of smoke, move by lowering one’s posture and shortening one’s breath.

**How to Deal with Earthquakes**

If an earthquake occurs, stay at the place where you are until the shaking stops. At this time, if you are inside the building, avoid things that are prone to damage or likely to fall and evacuate to bathroom or under the table. If there is a severe vibration on the street, lower one’s posture and stay there until the vibration stops, and keep away from buildings, streetlights, and wires. Do not use the elevator when evacuating, and if you are trapped in the elevator, call 119 or request for help to the management room via the intercom and calmly wait for rescue.
How to Deal with First Aid (CPR)

The most critical emergency is heart attack in which the heart suddenly stops. The correct steps for CPR in this case are as follows.

1. **Confirmation and Reporting of Responses**

   First, check whether the situation of the scene where the patient is located is safe, and if it is determined to be safe, approach the patient and check consciousness. At this time, if there is no reaction, no breathing, or if there is abnormal breathing, judged it as cardiac arrest.

2. **Chest Compression**

   Lay the patient on the flat floor with his back on it and put the heel of palms of one’s clasped hands in the center of the patient’s chest connecting both nipples. Be careful not to touch the patient’s chest with one’s fingers, and press the chest perpendicularly to the patient’s body by putting one’s weight on it with one’s elbows extended. Repeat 30 times at a speed of 100 to 120 times per minute and a depth of 5 to 6 cm.

3. **Opening Airway**

   Tilt the forehead back with one hand and lift the jawbone with two fingers, keeping the tip of the chin pointing toward the sky.

4. **Artificial Respiration**

   Hold the patient’s nose with the thumb and index finger and perform artificial respiration for one second, and the tidal volume is such that one can visually confirm that the chest rises. After that, remove one’s mouth and hand from the nose so that the air is discharged. Perform about 5-6 seconds per session and 10-12 times per minute. Chest compression and artificial respiration should not be performed at the same time, and artificial respiration should not be excessive.

5. **Using AED(Automated External Defibrillator)**

   When the AED(Automatic External Defibrillator) arrives during the CPR, take off the patient’s clothes, press the power button, and attach it to the patient’s chest as drawn on two pad wrappers. At this time, there should be no sweat or foreign substances in the attachment area. Avoid contact with the patient while analyzing the heart rhythm and press the defibrillation button after confirming that no one has contacted with the patient when defibrillation energy is charged. After performing the defibrillation, CPR must be resumed immediately, and CPR and defibrillation must be repeated until 119 paramedics arrive at the scene, or the patient recovers and wakes up.
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