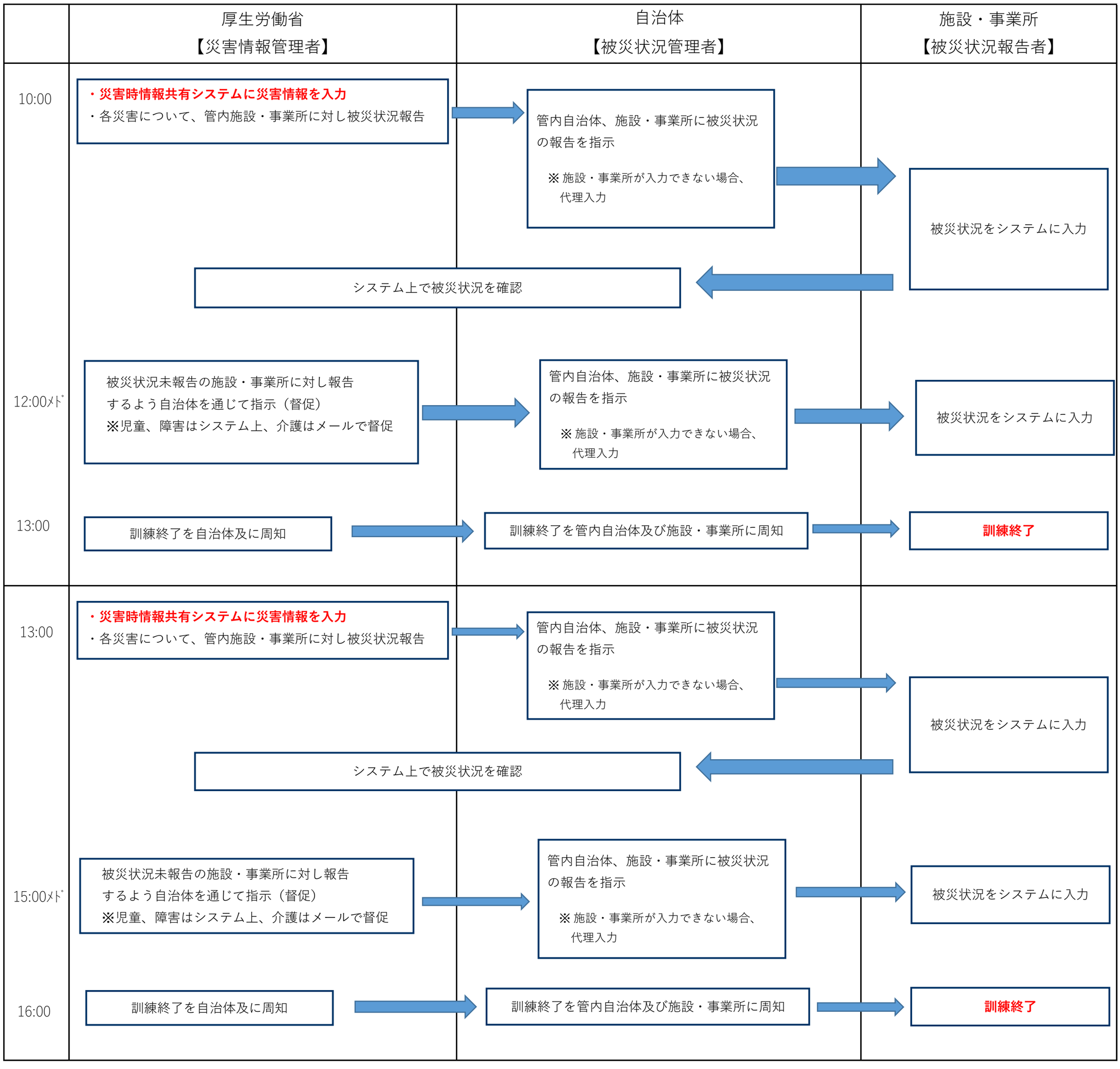災害想定訓練当日の流れ