First aid for heat illness

If someone is displaying unusual symptoms, call 119 immediately.





While waiting for the ambulance to arrive, Remove his/her clothing and

spray them with cold water



Click here



Checks the day before

- ✓ Don't consume too much alcohol the day before work.
- Get a good night's sleep.
- Check the heat illness forecasts.

Checks before work

- ✓ Did you sleep well?
- ✓ Did you eat?
- ✓ Do you feel well? ✓ Do you have a hangover?
- Check the heat illness forecasts.

Checks during before

- Avoid working alone and call out to each other when necessary.
- Supervisors should patrol the workplace.
- $\overline{\checkmark}$ Drink plenty of fluids and replenish your salt level.
- **✓** Take frequent breaks.

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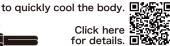


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