

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

to quickly cool the body.



Click here for details.



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.
- Drink plenty of fluids and replenish your salt level.
- Take frequent breaks.



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