

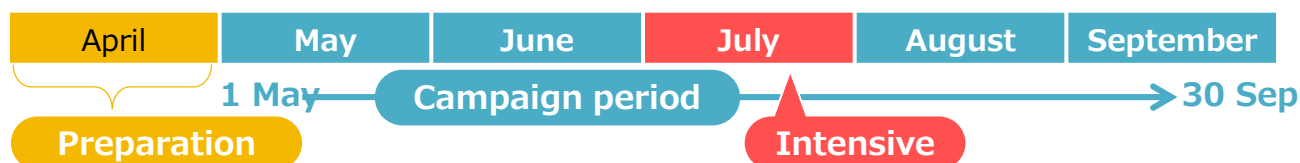
Combat Heatstroke at work

May-September 2020

— Against the heat illness —

A lot of workers die or are seriously ill from heat stress every year. The Ministry of Health, Labour and Welfare promotes 'Combat heatstroke' Campaign to show cautions and practices against the heat illness at work. Workers' and Employers, let's get together for safer work.


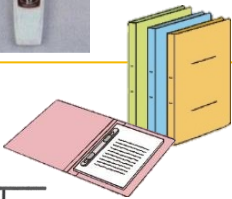
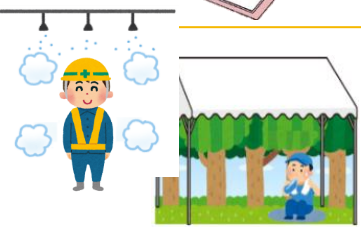



[Campaign Period] : 1 May – 30 September 2020 (April 2020 for preparation, July 20120 as intensive period)



Do and check by each period

Are you sure? Clear all activities by tick mark!

Preparation (1-30 April 2020)

<input type="checkbox"/>	<u>Ready for measuring WBGT</u>	Prepare a WBGT device conformed to JIS B 7922	
<input type="checkbox"/>	<u>Written work schedule by WBGT</u>	Write a work schedule with flexibility including break and work interruption according to the WBGT index.	
<input type="checkbox"/>	<u>Consideration for equipment, rest area</u>	Consider a sunshade, ventilation, air-conditioning or cooling mist-shower for reducing WBGT index . Keep rest area with air-conditioning or in the shade .	
<input type="checkbox"/>	<u>Consideration for clothes</u>	Prepare for breathable work suits. Consider work suits with active ventilation or cooling vests .	
<input type="checkbox"/>	<u>Training course</u>	Organize training courses to prevent heat illness.	
<input type="checkbox"/>	<u>Work Management including the responsible staff</u>	Establish industrial health management at workplace Including IH staff for heat illness prevention .	
<input type="checkbox"/>	<u>For emergency</u>	Confirm and share the emergency action to take including hospitals when heat stress syndrome happens.	

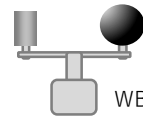


Campaign Period (1 May- 30 September 2020)

STEP
1

☐ **Measure WBGT index**

Be sure to use a device conformed to JIS.



WBGT device

STEP
2

Conduct practices as listed:

<input type="checkbox"/> Equipment to reduce the WBGT			
<input type="checkbox"/> Rest area			
<input type="checkbox"/> Work suits			
<input type="checkbox"/> Work time control	Avoid working alone during high WBGT index, take frequent breaks or work interruption by WBGT index.		
<input type="checkbox"/> Acclimatization	Take one week for physiological adaptations to the hot atmosphere. Take frequent breaks during the adaptation period, around one week.		
<input type="checkbox"/> Water and salt	Take water and salt regularly. Don't wait until you feel thirsty.		
<input type="checkbox"/> Health examination and intervention	Workers with some diseases are more vulnerable to heat stress syndrome: 1) Diabetes, 2) high blood pressure, 3) heart disease, 4) kidney disease, 5) mental disease, 6) skin disease, 7) common cold, 8) diarrhea. Consult physicians before assigning work.		
<input type="checkbox"/> <u>Daily health management</u>	Manager needs to check overdrunk, lack of sleep, no breakfast, etc. Inform workers of symptoms of heat stress syndrome for earlier detection.		
<input type="checkbox"/> Monitor condition	Monitor the health condition of workers by manager or coworkers.		

STEP
3

The officer is to visit sites to check based on WBGT.

- ☐ Measures to reduce WBGT index?
- ☐ Workers are acclimatized?
- ☐ Workers take water and salt regularly?
- ☐ Workers are in good health condition?
- ☐ Need intervention for work interruption?

☐ **Emergency action**

~in case of the symptom~

- **suspend current work**
- **go to hospital or call ambulance**
- **keep watching**

Intensive period (1-31 July 2020)

- ☐ Check the WBGT is reduced effectively. Or additional action.
- ☐ Work interruption or time reduction, and break time to be introduced when necessary, especially after the end of rainy season.
- ☐ Take water and salt regularly.
- ☐ Any health problem such as lack of sleep, mal-condition, or overdrink?
Be sure to take breakfast to keep your health condition.
- ☐ Conduct intensive training on increasing risk of heat stress syndrome.
- ☐ Call ambulance without hesitation when any abnormal symptom.

