

# Combat Heatstroke! Cool Work Campaign



◀ Campaign Implementation Guidelines

## Campaign Period



In recent years, approximately 30 people have died annually from heatstroke in the workplace, and over 1,000 people have taken more than four days off from work due to heat-related illnesses.

## What to Do During the Preparation Period (April)

Ensure that the following measures are properly implemented and check them off.

### Establish an Occupational Health Management System



Appoint a heatstroke prevention manager for each workplace to establish a responsible management system.

### Preparations for Monitoring the Heat Stress Index (WBGT)



Prepare the Heat Stress Index (WBGT) in compliance with JIS standards and ensure that each workplace adheres to these indices.

### Formulation of Work Plans



Develop work plans, including securing rest breaks based on the heat stress index (WBGT) and criteria for stopping work.

### Consideration of Equipment Measures



Implement measures to reduce heat stress, such as installing simple roofs, ventilation systems, air conditioning, and sprinkler systems.

### Securing Rest Areas



Consider securing air-conditioned or shaded rest areas.

### Considerations for Work Clothing



Prepare breathable, ventilated clothing. Consider wearing clothing that provides cooling, such as airflow or water circulation functions.

### Education and Training



Conduct education and training for managers and workers.



Guidelines and educational videos



e-learning

### Advance Confirmation of Emergency Responses



Verify emergency procedures (contact networks and response protocols), and ensure all relevant personnel are informed.

## Actions to Take During the Campaign Period (May to September)



The Ministry of  
the Environment's Heatstroke  
Prevention Information Site

STEP  
1

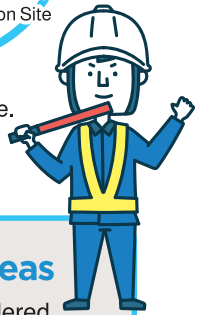
### Understanding and Assessing the Heat Stress Index (WBGT)

Monitor WBGT using devices that are compliant with JIS standards.

Referring to the general regional WBGT values provided by the Ministry of the Environment can also be effective.

STEP  
2

### Implement Measures According to the WBGT Levels



#### Lowering the Heat Stress Index

Implement equipment measures that are planned during the preparation period.



#### Improvement of Rest Areas

Set up the rest areas that were considered during the preparation period.



#### Work Clothing

Wear the clothing planned during the preparation period.



#### Shortening Work Hours

Adjust break times, and suspend work based on WBGT levels.



#### Pre-cooling

Lower core body temperature before work and during breaks.



#### Hydration and Salt Intake

Ensure workers regularly drink water and consume salt as needed.



#### Heat Acclimatization

Adjust work hours gradually over at least 7 days to help workers acclimate to heat. Special consideration should be given to new employees and those returning from long absences.



#### Work Adjustments Based on Medical Check-up Results

Workers with the following chronic diseases should have necessary accommodations after receiving medical advice: Diabetes, Hypertension, Heart disease, Kidney failure, Mental or neurological disorders, Extensive skin conditions, Cold or flu symptoms, Diarrhea.



#### Daily Health Management

Instruct workers on risk factors for heatstroke, such as skipping breakfast, lack of sleep, and excessive alcohol consumption the previous day. Confirm these factors before starting work.



#### Monitoring Workers' Health During Work

Conduct frequent patrols; check in with workers; and encourage a "buddy system" to ensure mutual health monitoring.



#### Emergency Response

Ensure that all workers understand the established emergency response procedures. If a colleague notices symptoms of heatstroke, immediately follow the emergency protocol. Immediately stop work and cool the body by wetting it and using airflow. If symptoms persist, do not hesitate to transport the worker to a hospital. (Call emergency services if necessary.)

## What to Do During the Intensive Efforts Period (July)



- Reevaluate the effectiveness of heat stress reduction measures and implement additional actions if needed.
- Strictly enforce work stoppages based on WBGT levels.
- Ensure workers actively hydrate and consume sufficient salt.
- Strictly monitor workers' health before starting work and increase patrol frequency.
- Educate workers on increased heatstroke risks.
- If a worker shows signs of heat illness, call emergency services immediately.