

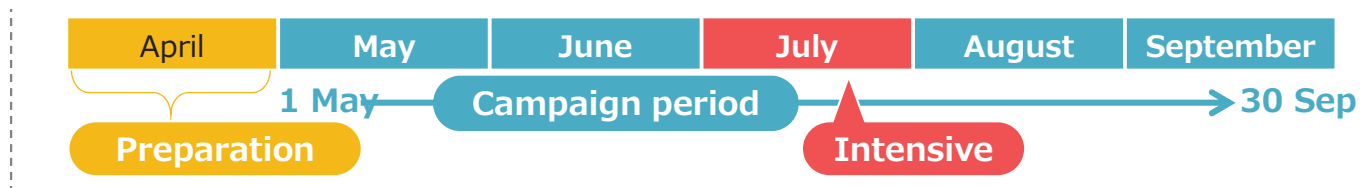
# Combat Heatstroke at work

May-September 2019


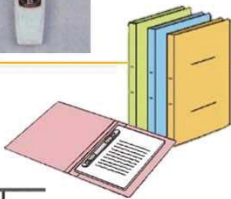


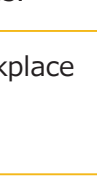

## — Against the heat illness —

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 2019 ( April 2019 for preparation, July 2019 as intensive period)



**Do and check by each period**  
**Are you sure? Clear all activities by tick mark!**

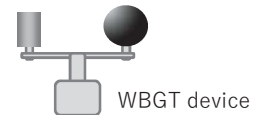
Preparation (1-30 April 2019)	
<input type="checkbox"/> <b><u>Ready for measuring WBGT</u></b>	Prepare a <b>WBGT device</b> conformed to JIS B 7922 
<input type="checkbox"/> <b><u>Written work schedule by WBGT</u></b>	Write a <b>work schedule with flexibility</b> including break and work interruption according to the WBGT index. 
<input type="checkbox"/> <b><u>Consideration for equipment, rest area</u></b>	Consider a sunshade, ventilation, air-conditioning or cooling mist-shower for <b>reducing WBGT index</b> . Keep rest area with <b>air-conditioning or in the shade</b> . 
<input type="checkbox"/> <b><u>Consideration for clothes</u></b>	Prepare for breathable work suits. Consider <b>work suits with active ventilation</b> or <b>cooling vests</b> . 
<input type="checkbox"/> <b><u>Training course</u></b>	Organize <b>training courses</b> to prevent heat illness. 
<input type="checkbox"/> <b><u>Work Management including the responsible officer</u></b>	Establish <b>industrial health management</b> at workplace Including <b>IH officer for heat illness prevention</b> . 
<input type="checkbox"/> <b><u>For emergency</u></b>	Confirm and share the emergency action to take including hospitals when heat stress syndrome happens.

# Campaign Period (1 May- 30 September 2019)

**STEP 1**

## Measure WBGT index

Be sure to use a device conformed to JIS.



**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.	
<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: <b>1) Diabetes, 2) high blood pressure, 3) heart disease, 4) kidney disease, 5) mental disease, 6) skin disease, 7) common cold, 8) diarrhea.</b> 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 2019)

- 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 overdrunk?  
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.

