

Combat Heatstroke at work

— Fight against heat illness —

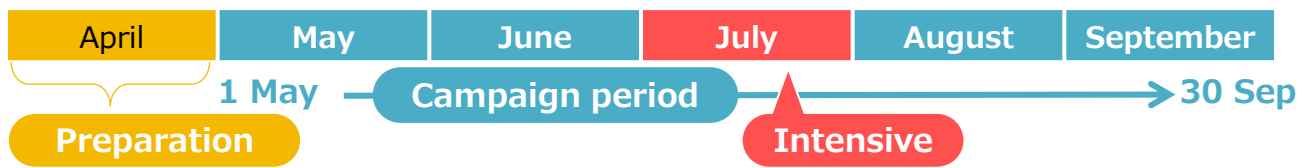
May-September 2022

Nearly 600 workers are seriously ill from heat stress every year, of whom around 20 workers lead to death. The Ministry of Health, Labour and Welfare promotes 'Combat heatstroke' Campaign to show important cautions and good practices against heat illness at work. Workers and Employers, let's make workplace safer together !



Do and check your measures by each period.

[Schedule] : 1 May – 30 September 2022 (April 2022 for preparation, July 2022 as intensive period)



Make sure each action be checked !

Preparation (1-30 April 2022)

Get ready to measure the WBGT index

Prepare a **WBGT device** certified by JIS B 7922



Make a work plan flexibly operable according to the WBGT index

Write a **work plan that can be operated with flexibility** including break and work interruption according to the WBGT index.



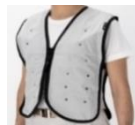
Consider using equipment and keeping rest area

Consider using a sunshade, ventilation, air-conditioning or cooling mist-shower or **for reducing WBGT index**.
Keep rest area with **air-conditioning or in the shade**.



Consider wearing cool clothes

Prepare for breathable work suits. Consider **work suits with active ventilation** or **cooling vests**.



Engage workers in training course

Organize **training courses** to prevent heat illness.

Call an ambulance!

Select a person in charge of preventive work management

Establish **industrial health management** at workplace including responsible **IH staff for heat illness prevention**.



Decide on an emergency action

Confirm and share the emergency action to take including hospitals when heat stress syndrome happens.

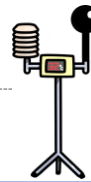


Campaign Period (1 May- 30 September 2022)

STEP 1

Measure WBGT index

Be sure to use a device conformed to JIS.



WBGT device

STEP 2

Do practices as listed:

<input type="checkbox"/> Equipment to reduce the WBGT	Set up necessary equipment and rest areas according to the plan. Check all items and equipment in rest areas be ready: ice, drinking water and salty candy as well as cold towels, cool clothes and shower booths.	
<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"/> Active precooling	Cool down the body temperature during break physically or by intake.	
<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"/> Daily health check	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"/> Mutual monitoring of health condition	Let's take care of the health condition of co-workers beside the monitoring by the manager.	

STEP 3

Site review by managers with the WBGT checking.

<input type="checkbox"/> Take measures to lower the WBGT index?
<input type="checkbox"/> Is the work plan acceptable for the WBGT index ?
<input type="checkbox"/> Are all the workers fine today, acclimatized?
<input type="checkbox"/> Workers take water and salt regularly?
<input type="checkbox"/> Any short break or suspension according to the WBGT index?



Emergency action

~in case of the symptom~

- **Stop working**
- **See a doctor or call ambulance**
- **Never let one alone**

Intensive period (1-31 July 2022)

- Check the WBGT be reduced effectively. Or take additional action.
- Take 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.
- Check if 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 decreasing the risk of heat stress syndrome.
- See a doctor immediately when any abnormal symptoms.

