

Guidance for Tokyo Electric Power Company

1. Management of working environment

- (1) Establish a WBGT indicator at each workplace to evaluate the risk of heat stroke. Change hours, frequencies of rest, and workload according to the risk levels.
 - * Wet-Bulb Glob Temperature (WBGT) indicator is a device that indicates heat stress levels by measuring temperature, humidity, wind velocity, and radiant heat. It can be used as a measure for evaluation of the risk for heat stroke.
- (2) Urgently construct additional air-conditioned rest area, considering the numbers of workers engaged in the emergency work and the distance they commute to their work places.

2. Work Management

- (1) Work sensibly and pace your work schedules by establishing maximum working hours and avoiding heat by working in the early morning or in the evening when the temperature is relatively cool. Workers are advised to avoid any severe work conditions. For example, do not conduct operations during the higher temperature period from 2 to 5 p.m. in July and August when fatal accidents due to heat stroke have frequently been observed among workers involved in plant restoration.
- (2) Give time to new emergency workers to become adjusted to the high temperature work environment while they determine their best pace of work and frequencies of rest.
- (3) Work managers should raise awareness among their workers about water and salt intake and make sure that the workers are provided with sufficient supply of water and salt regardless of their conditions. In addition, work managers should evaluate the physical conditions of each worker with a check sheet.
- (4) Ensure workers wear functional clothing that keeps their body temperatures cool.
- (5) Appoint personnel responsible for patrolling the workplaces and rest areas to confirm/supervise working conditions and ensure that the above measures are thoroughly implemented.

3. Health care

- (1) Work manager should confirm physical conditions of each worker before work: sleeping hours, whether they had breakfast, whether they had alcohol on the previous day, whether they are suffering from fever or diarrhea should be evaluated with a check sheet or by other appropriate means.
- (2) Work managers should be aware of any underlying disorders of workers such as diabetes, hypertension, cardiac disease, and kidney failure which could potentially heighten their risks for heat stroke and implement appropriate measures such as setting maximum working hours

for these special needs workers.

4. Education for occupational health

Provide training and inform the workers about the symptoms of the heat stroke, methods for heat stroke prevention, and emergency measures for protecting themselves from radiation, in addition to providing education for work managers. Furthermore, critical information about emergency measures should be disseminated to every worker by posting flyers at rest area.

5. Emergency first-aid

In anticipation of the possible onset of heat stroke in workers engaged in emergency works, procedures for seeking medical treatment, such as cooling patients' bodies and transporting patients to an emergency room, should be prepared while considering the risks of radiation exposure. In addition, such information should be disseminated to medical doctors, work managers, and workers so that these procedures can be initiated immediately in case of an emergency response.

6. Instruction/support to contractors

Guides and supports to contractors should be provided for implementation of occupational health education and the utilization of rest area.