

Combat Heatstroke at work

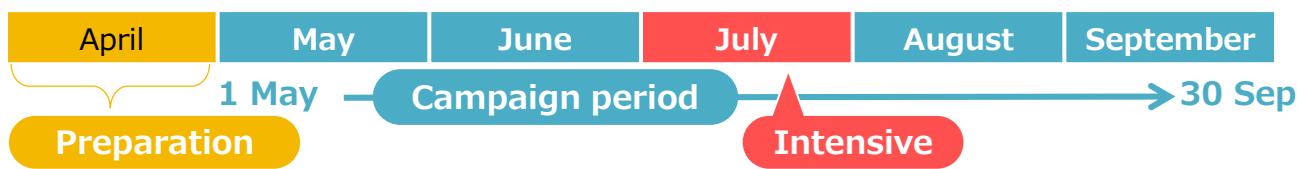
May-September 2021

— Fight against heat illness —

Nearly 1,000 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 2021 (April 2021 for preparation, July 2021 as intensive period)



Make sure each action be checked !

Preparation (1-30 April 2021)

<input type="checkbox"/> Get ready to measure the WBGT index	Prepare a WBGT device certified by JIS B 7922	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 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 .	
<input type="checkbox"/> Consider wearing cool clothes	Prepare for breathable work suits. Consider work suits with active ventilation or cooling vests .	
<input type="checkbox"/> Engage workers in training course	Organize training courses to prevent heat illness.	
<input type="checkbox"/> Select a person in charge of preventive work management	Establish industrial health management at workplace including responsible IH staff for heat illness prevention .	
<input type="checkbox"/> 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 2021)

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.

- Take measures to reduce the WBGT index?
- Workers are all acclimatized?
- Workers take water and salt regularly?
- Workers are in good health condition?
- Can workers continue to work?

Emergency action

~in case of the symptom~

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

Intensive period (1-31 July 2021)

- 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 overdrink?
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.



Summer

