

(Formulated in February, 2002 and revised in March, 2008)

In order to prevent health problems caused by overwork, it is important to implement measures properly on worker's health care to prevent worker from accumulation of tiredness while excluding as heavy long-time overwork as worker can not recover from their tiredness.

For this reason, with formulation of “the measures which employer must take in order to prevent health problems caused by overwork,” objects of the measure are to prevent health problems caused by overwork by persisting in publicity made by the government and putting necessary measures, such as instructions and others, together

The measures which employer must take in order to prevent health problems caused by overwork

(1) Reduction of extra working time and working time on a day-off

- Compliance of the limit basis when 36 agreements have been concluded
- Grasp on appropriate working time, etc

(2) Promotion for acquisition of annual paid leave

(3) Improvement of establishment of working time and others

(4) Persistent of measures related to worker's health care

(1) Maintenance of the health care system and implementation of medical examination and others

- Appointment of industrial doctors, health supervisor and health promoter and Implementation of the health care by them
- Maintenance of the health care system such as establishment of health committee
- Implementation of medical examination and subsequent measures certainly

(2) Interview instructions and others for worker who have worked for long time as extra work, and worked on a day-off

- Implementation of interview instructions by doctors and that of subsequent measures and others
- Maintenance of procedure to implement interview instructions and others
- Utilization of the regional occupational healthcare center to promote implementation of interview instructions and others in small sized workplaces

(3) Investigation of causes of disease occupational have been broken out due to overwork and prevention of relapse of it

Necessary measures by the government

- Window guidance related to extra work in accordance with 36 agreements
- Supervisor instructions for workplaces in which time of extra work and working on a day-off might be over 45 hours
- Instructions and others to persist the measures for relapse prevention in case of that occupational disease in the course of business has been broken out due to overwork