

Heatstroke prevention Point

1

**Regularly take water and salt.**



Heatstroke prevention Point

2

**Take breaks in a cool place.**



*Let's prevent it together!*

# HEATSTROKE

Heatstroke is an illness that everyone is likely to suffer regardless of the time or place, depending on the conditions. People are especially susceptible when doing exercise or physical work, and in some serious cases, their life is in danger. Correct knowledge and appropriate preventive measures can help you avoid heatstroke, so take appropriate measures to survive the hot summer.

Heatstroke prevention Point

3

**If you feel strange, report it immediately!**



ひと、くらし、みらいのために  
**厚生労働省**  
Ministry of Health, Labour and Welfare



# Heatstroke happens! What should we do?



## First-aid Step 1

Take the person to a cooler place.



## First-aid Step 2

Loosen his/her clothes



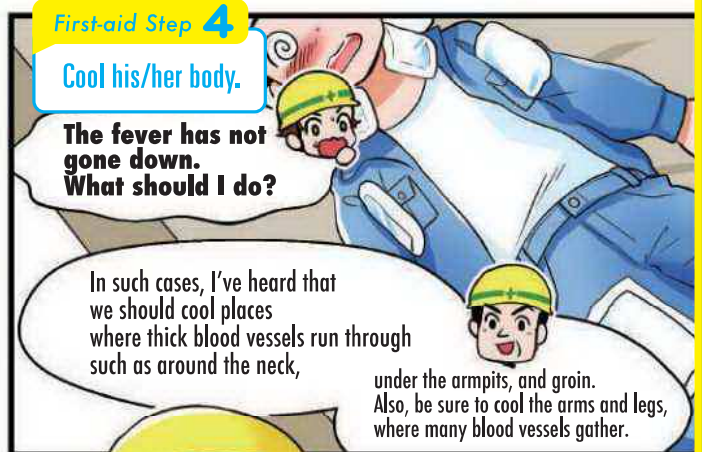
## First-aid Step 3

Rehydrate with sports drinks



## First-aid Step 4

Cool his/her body.



## Utilize the WBGT value

The WBGT value, also called as the "heat stress index," can help you to judge the risk of heatstroke. It is calculated based on not only air temperature but also air humidity and heat reflected from the sun (radiation heat).

Risk classification based on the WBGT value (example)

Caution	Warning	Severe warning	Danger
Lower than 25°C	25-28°C	29-31°C	31°C or higher

The WBGT values and forecasts are indicated on the Heat Illness Prevention Information website of the Ministry of the Environment. Please check it before starting work.

## Heatstroke Prevention Plus

- Do light exercise such as walking on a daily basis to get your body used to heat.
- When doing work, take water and salt regularly and cool your arms and legs with ice packs, etc.

