

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.

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3

If you feel strange, report it immediately!



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Heatstroke happens! What should we do?

Oh no!! He must have got heatstroke!

First-aid Step 1
Take the person to a cooler place.

Lie down here.

Make sure not to leave him/her alone.

First-aid Step 2
Loosen his/her clothes

Make yourself comfortable

First-aid Step 3
Rehydrate with sports drinks

Rehydrate him/her.

Sports drinks are better than water. You should take salt and sugar!

First-aid Step 4
Cool his/her body.

The fever has not gone down. What should I do?

In such cases, I've heard that we should cool places where thick blood vessels run through such as around the neck, under the armpits, and groin. Also, be sure to cool the arms and legs, where many blood vessels gather.

Good! From now on, if you feel bad, please tell us immediately.

The first-aid actions introduced here are just for an emergency. If the person suffering heatstroke cannot drink water by himself/herself, contact a medical institution or take him/her to a hospital.

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.

