

Preventive Measures for Heat-related Illnesses Caused by Extreme Heat



Employers must take preventive measures against heat-related illnesses in accordance when workers work in workplaces where **the sensible temperature is 31°C or higher**.

* Detailed information can be checked on the “Crisis Escape Safety and Health App.”

Preventive Measures

- ✓ Use a thermometer and hygrometer to measure the sensible temperature and record the actions taken
- ✓ Inform workers about the symptoms of heat-related illnesses and emergency measures
- ✓ **Five basic rules are followed**



Crisis Escape Safety & Health App - Sensible Temperature Calculator

Five basic rules are followed

Water



- ✓ Cold and clean **water** must be provided sufficiently

Wind and Shade



- ✓ Cooling/Ventilation devices such as **the (portable) air-conditioner and industrial fans, etc.**, and **shade canopies** must be installed during indoor/outdoor work
- ✓ **Working hours must be adjusted** to minimize the exposure during peak heat hours

Rest



- ✓ **Rest facilities (rest areas)** must be installed near the work sites
- ✓ Take appropriate breaks when working in extreme heat with the sensible temperature of 31°C or higher
- ✓ **Take a break for at least 20 minutes every 2 hours when working in extreme heat with the sensible temperature of 33°C or higher**

Cooling Equipment



- ✓ **Personal cooling equipment** such as cooling clothes & vests must be provided

Emergency Measures



- ✓ **Call 119 immediately when the person suffering from or suspected of heat-related illnesses is unconscious**
- ✓ When the person is conscious, perform emergency measures and call 119 when the symptoms do not improve
- * Understanding KDCA health guidelines for preventing heat-related diseases

Suspension of Work

- ✓ Employers **must suspend the work** when having urgent risk of occurring with heat-related illnesses due to extreme heat, and **check and improve the 5 basic rules**

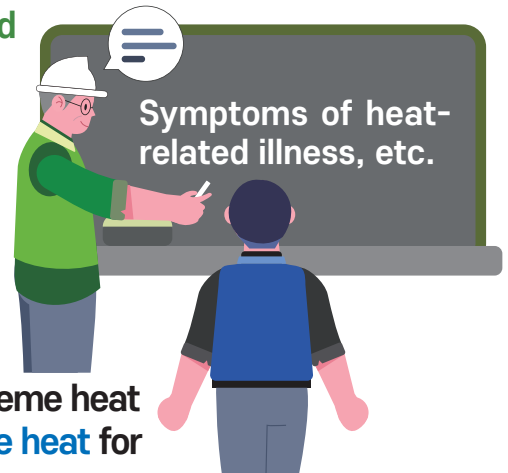
Management of Heat-related Illness Sensitive Group

▶ heat-related illness sensitive groups

- ✓ Workers newly assigned to work in extreme heat
- ✓ Workers with a previous history of heat-related illness
- ✓ Elderly workers or those with a history of hypertension, diabetes, etc.

▶ Management method for heat-related illness sensitive groups

- ✓ Reminder of **symptoms of heat-related illness** and **emergency measures** before working in extreme heat
- ✓ Gradual increase in working hours during extreme heat for newly assigned workers
- ✓ Check the health condition of workers regularly
- ✓ Working hours are reduced during extreme heat, and additional rest time is assigned



Emergency Measures for Heat-related Illnesses (Korea Disease Control & Prevention Agency)

▶ Symptoms of heat-related illness

- ✓ Higher than normal body temperature, excessive sweating, dizziness, nausea, muscle cramp, reduced level of consciousness

▶ Measures against heat-related illnesses

- ✓ Move to a **cool place**.
- ✓ **Loosen your clothing** and wet your body with cool water **to cool down** with a handheld fan or an electric fan, etc.
- ✓ Stay hydrated by **drinking** plenty of **cold water**.
 - ※ Do not give water when the worker is unconscious.
- ✓ **Take a rest** or seek **medical attention**.

