

# 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 extreat heat with the sinsible 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

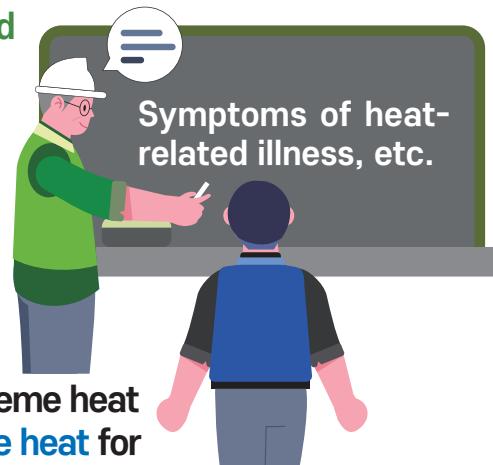
## Suspension of Work

- 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.

