

Water Shade Rest

For Foreign Workers Preventive Measures for Heat-related Illnesses



What is "Heat Wave Warning"?

☀ Korea Meteorological Administration (KMA) issues a heat-wave watch/warning depending on the daily highest wind chill (subjective) temperature.

- When it is expected to experience significant damages (in wide areas) due to sudden rise of wind chill (subjective) temperature or prolonged heat wave

What is wind chill (subjective) temperature?

It is the temperature reflecting the human sensation where the current temperature is perceived lower under low humidity or higher under high humidity.

☀ **Long-term exposure to heat wave** may cause **heat-related illnesses, such as heatstroke, heat exhaustion and heat syncope, and it may even lead to death unless necessary measures are promptly taken.**



Water, shade and rest are basic measures to prevent heat-related illnesses.

Water



- ▶ **Cool and clean water needs to be provided.**
- ▶ **Be sure to drink water on a regular basis.**

Shade



- ▶ **Prepare a shaded area near the location where workers are working.**
- ▶ **Ensure the ventilation of cool breeze.**

Rest



- ▶ **Upon issuance of heat-wave warning, you need to take a break for 10 to 15 minutes every hour on a regular basis.**
- ▶ **Avoid outdoor works during the hours of high temperature (14:00 -17:00) by making adjustments to working hours (example: 9:00 -18:00 → 5:00 - 14:00)**
 - » When engaging in outdoor works, be sure to put on cool storage items, including ice vest and ice pack, if possible.



Prepare for emergency situations.

Check health conditions of fellow workers as often as possible.

- **Early symptoms of heat-related illnesses** may include **a sense of fatigue, weakness, dizziness, headache, fast heartbeat, nausea and vomiting.**

When detecting an emergency patient, be sure to provide first aid (emergency treatment) quickly.

- **Move the patient over to a cool place, reduce body temperature by fanning or using an electric fan, and wet his/her body with cool water.**
 - ▶ When the patient is unconscious or unable to control his/her body, be sure to call 119 for emergency services immediately.
 - ▶ When the patient is conscious, make him/her drink ice water or sports drinks.



During heat wave, beware of safety accidents at all times!

- Pay close attention to put on personal protective gears, such as a safety helmet and a safety belt, which are easily forgotten and neglected.
- Be careful of safety accidents, including fall-off and fall-down, due to weak concentration from lack of sleep.

