

Preventive Measures for Heat-related Illnesses Caused by Extreme Heat



미국



18개 모국어 번역본

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.

Preventive Measures for Heat-Related Illnesses

- ✓ Use a thermometer and hygrometer in the work sites to measure the sensible temperature and record the actions taken
- ✓ Inform workers about the symptoms of heat-related illness and emergency measures before working in extreme heat
- ✓ Install rest facilities (rest areas and shaded areas) near the work sites

Mandatory Five Basic Heatwave Safety Rules

Water



- ✓ Provide cold and clean water sufficiently

Cooling Devices



- ✓ Install cooling/ventilation devices such as the (portable) air-conditioner, industrial fans, etc., and shade canopies when working in extreme heat
- ✓ Adjust working hours to minimize the exposure during peak heat hours

Rest



- ✓ 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



- ✓ Provide personal cooling equipment such as cooling clothes & vests

Call 119



- ✓ 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

Recommended Work Suspension by Heatwave Level

Perceived temperature $\geq 33^{\circ}\text{C}$
Heatwave Advisory

- ✓ Adjust working hours or reduce outdoor working time

Perceived temperature $\geq 35^{\circ}\text{C}$
Heatwave Warning

- ✓ Suspend outdoor work during peak heat hours except where unavoidable

Perceived temperature $\geq 38^{\circ}\text{C}$
Severe Heatwave Warning

- ✓ Suspend outdoor work except for emergency operations required for disaster response and safety management



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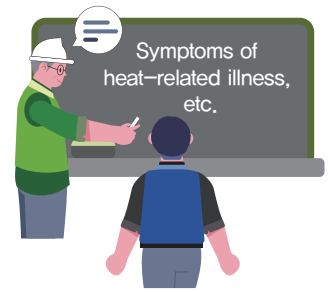
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Management of Heat Illness-Sensitive Group

▶ Heat 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

- ✓ Gradually increase working hours for newly assigned workers and other heat-illness-sensitive groups, taking individual worker conditions into consideration
- ✓ Check the health condition of workers regularly
- ✓ Inform workers of symptoms of heat-related illness and emergency measures before working in extreme heat
- ✓ Reduce working hours during extreme heat, and assign additional rest time

Emergency Measures for Heat-related Illnesses

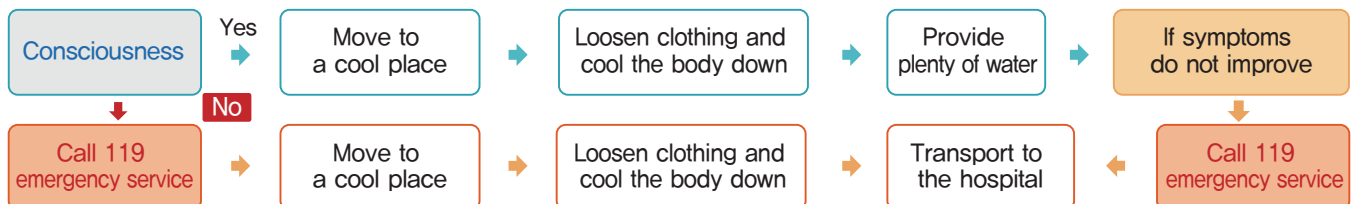
▶ Symptoms of heat-related illness

* Learn and follow the health guidelines for heat-related illness prevention (KDCA).

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

▶ Emergency measures for 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, 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.



Three Major Safety Rules for Preventing Suffocation Accidents

▶ Confined spaces are “high-risk areas for fatal suffocation.” They become extremely dangerous during heatwaves.

- ✓ Confined spaces (such as inside tanks, storage vessels, manholes, etc.) pose a significantly increased risk of oxygen deficiency and toxic gas exposure as temperatures rise. These are dangerous locations where a single breath may be fatal. Always comply with the “Three Major Safety Rules for Preventing Suffocation Accidents.”

- ① Measure oxygen levels and hazardous gas concentrations before work
- ② Maintain continuous ventilation before and during work
- ③ If breathable air is not ensured, wear an air-supplied respirator or self-contained breathing apparatus (SCBA)

※ Key Revisions to Core Occupational Safety and Health Rules for Suffocation Prevention (Effective Dec. 1, 2025)

- ① Specify the obligation to provide oxygen and hazardous gas monitoring equipment
- ② Record and retain measurement results
- ③ In case of an accident, call emergency services (119) first
- ④ Reinforce training and awareness on confined space hazards