



Have a healthy winter at the workplace. How to Prepare!



Exposure to cold wave for a long time during winter season may lead to serious problems such as **hypothermia** and **frostbite**.

✓ Main symptoms of cold-related illness



Skin turning dark and red and getting blisters

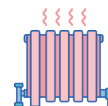


Chill



Fatigue and impaired consciousness

✓ Follow cold-related illness prevention rules!



Put on warm clothes (equipment).



Take warm water frequently.



Move to a warm place to avoid cold.

✓ Take emergency measures for appearance of symptoms of cold-related illness



Keep your body warm.
(Take off wet clothes and move to a warm place.)



Dip the frostbitten area in warm water.



Go to see a doctor as soon as possible.

✓ Call 119 (Evacuate) in case of emergency.



* Scan the QR Code for more details and refer to the Cold-related Illness Prevention Guide(2022).

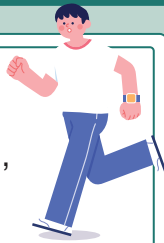
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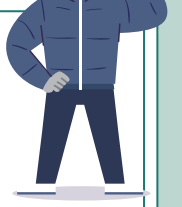
Living habit

Do light indoor exercise, stay hydrated, and provide balanced nutrition.



Cold-related illness prevention rules

Put on warm clothes, drink warm water frequently, and find a warm place.



Before work

Check weather condition.
(Refrain from working outdoors during a cold time slot.)



During work

Dress in layers of warm clothes.
(Put on gloves, hat and mask.)



Hypothermia

Chill, fatigue, impaired consciousness, memory impairment, speech disorder, etc.

Frostbite

Sharp pain, itching, skin turning dark and red and getting blisters, losing dermal sensation



Take measures as below for appearance of symptoms of cold-related illness!



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(Take off wet clothes and move to a warm place.)



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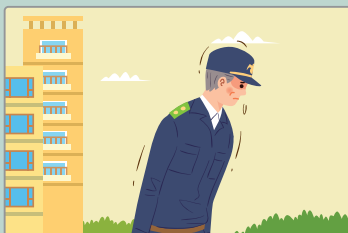
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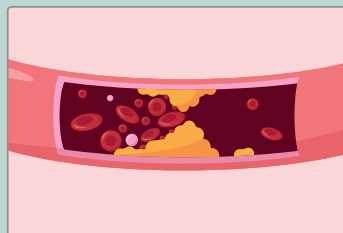
High risk group!



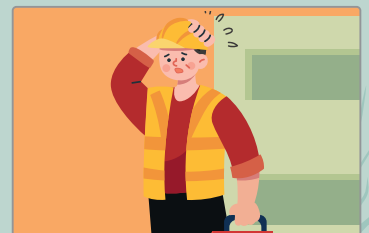
A person who works outdoors for a long time



An aged person



A person with a circulatory disorder



A newcomer



★ Scan the QR Code for more details and refer to the Cold-related Illness Prevention Guide(2022).