

# Let's Prevent Heat Stroke During Farm Work!

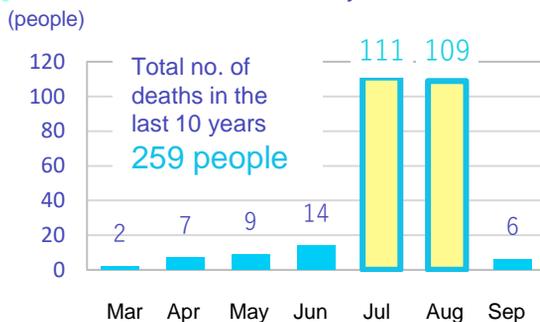
As the summer approaches, the number of people suffering from heat stroke during farm work is increasing.

It is possible to prevent heat stroke properly by acquiring the correct knowledge!

## \*Heat stroke during farm work\*

- Every year, about **30** people have died of heat stroke during farm work
- About **85%** of fatal accidents occurred between July and August, while also occurred between March and June

Number of deaths due to heat stroke during farm work by month



## \*Prevention points\*

### Avoid the heat

Avoid working in hot weather as much as possible, and work in a shaded or well-ventilated place



### Frequently take a break and drink water

Frequently drink water and take some salt before feeling thirst



### Avoid working alone

Work with multiple people, communicate with each other at a scheduled time



### Use heat stroke countermeasure items

Wear hats and moisture-absorbing quick-drying clothes, and use air-conditioned clothes or fans



In addition, build up your body that can withstand heat stroke, such as daily physical condition management!



We want to know more!

# Countermeasures against heat stroke

## \* Heat stroke countermeasure items \* \*

### Cool your body

Useful when working, etc. in hot weather is unavoidable



Clothing with fans, neck cooler

### Prepare for one-person operation

Useful when wishing to avoid the risk during an unavoidable one-person operation



Wearable device, First aid kit

### Improve environment

Useful when wishing to keep the workplace cool or improve the quality of a break



Mist fan

## \* Coordination of Heat Stroke Alert and MAFF app \* \*

**What is Heat Stroke Alert?**  
Warning information issued when the risk of heat stroke is predicted to be extremely high

### Step 1

#### Get the MAFF app



Android



iOS

### Step 2

#### Set the region



My Page  
> Profile settings

### Step 3

#### Push Notification ON



Also check the notification settings on the smartphone side

### Step 4

#### Receive a notification



A notification will reach you when an alert occurs in the registered prefecture

## \* If heat stroke is suspected \* \*

### 01 Stop the work



(Typical symptoms)

- Not sweat, with a hot body
- Dizziness, nausea, headache
- Sense of fatigue, impaired judgment

### 02 Take emergency measures



- Evacuate to a cool environment
- Loosen clothes and cool the body down
- Drink water and take some salt

### 03 Go to a hospital



If your symptoms do not improve even after taking emergency measures, go to a medical institution for medical treatment!