

# Beware of hyperthermia due to “HEAT WAVE”

*Make sure to check preventive measures!*

**HEAT WAVE** | means “excessively hot weather”

In case the highest temperature reaching over 33 degrees Celsius lasts for more than two days, a heat wave advisory is issued, and a heat wave warning is issued when the highest temperature reaching over 35 degrees Celsius lasts for more than two days.

## 3 rules to prevent hyperthermia

### 01 Water

Are you drinking plenty of water regularly?

### 02 Shade

Is there a shade where you can rest near your work site?

### 03 Rest

Are you getting over 10-15 minutes of rest every hour during heat wave?

