

# Request for Heat Acclimatization Measure (Heatstroke Prevention)

Aichi Labor Standard Association – Public Corporation

## **【Please observe the following measures to prevent heatstroke during the period from May to October】**

- The following venues are outdoors. Please refer to the “Heat Acclimatization Training” guidance below and begin acclimatization at least 7days before the practical training so that your body can adjust to the heat.





Toyota L&F Chubu Shirokane office•Komaki office / Polytechnic Center Nagoya Port / Mizutani Transportation & Warehouse/ TOPY INDUSTRIES LIMITED Toyokawa Office / Nippon Steal Corporation Human Resource Development (formerly NSB) / Toyohashi Industry Human Resource Development

- Please avoid sleep deprivation, excessive alcohol consumption, and skipping meals on the day before the practical training.
- Participants with medical condition that may increase the risk of illness are requested to consult their employer and physician in advance.

### **Heat Acclimatization Training**

**Try to develop a habit of sweating through daily activities without pushing yourself too hard. Continue several days to approximately 2 weeks.**

※At least 7days

 <p>Walk Run</p>	 <p>Bike</p>	 <p>Exercise</p>	 <p>Bath Sauna</p>
<p>(ex) A one-station walk on the way home</p>		<p>(ex) Workout, Stretch, Exercise make you break a light sweat</p>	<p>Not only taking a shower but sitting in a hot bath</p>
<p>Walk <b>30min</b> Run <b>15min</b> Frequency <b>5 times a week</b></p>	<p>Bike <b>30min</b> Frequency <b>3 times a week</b></p>	<p>Exercise <b>30min</b> Frequency <b>5 times a week-Every day</b></p>	<p>Frequency <b>Every other day</b></p>