

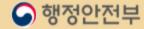


폭염 3대 취약분야 행동요령 Action Tips for Three Vulnerable

Areas of Heat Wave







폭염 3대 취약분이란?

What are the most vulnerable 3 areas to heat waves?



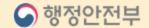
- ① 독거노인 등 취약계층
- ② 공사장 이외근로자
- ③ 고령층 논발 작업자

- ① Vulnerable groups such as the elderly living alone
- ②Construction site outdoor workers
- 3Elderly rice field workers

폭염 3대 취약분야 대상자는

건강관리에 각별한 유의 필요

Those who are subject to the three most vulnerable areas of heat waves that needs health care special attention



공사장 야외근로자

폭염 대비 행동요령

ACTION TIPS FOR OUTDOOR WORKERS AT CONSTRUCTION SITES

IN PREPARATION FOR HEAT WAVE



자각증상 점검표를 통해

그날의 건강상태 체크하기

Check your health status for the day using the subjective symptom checklist



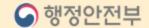
열시병 3대 예방수칙

물·그늘·휴식 지키기

Three major preventive measures for heat

stroke: Water. Protection shade

and Rest



고령층 논·발 작업자

폭염 대비 행동요령

Elderly rice field workers

What to do in preparation for the heat wave



폭염 특보 발효 시

작업을 멈추고 집에서 머물기

When the heat wave warning comes
Stop working and stay at home

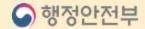


10시~12시, 2시~4시에는

햇살이 뜨거우니 작업을 멈추기

Stop working from 10:00 and 12:00 and between 2:00 and 4:00 when the

sunlight is very hot.



독거노인·노숙인 등 취약계층

폭염 대비 행동요령

Vulnerable groups such as the elderly living alone and homeless

What to do in preparation for the heat wave



폭염이 강한 시간에는 근처

무더위쉼터로 가서 휴식하기

During times of intense heat, go to a nearby shelter to take a rest



무료물 나눔러 등에서

물을 충분히 마시고 가져오기

Drink and bring plenty of water from free water distribution centers, etc.

Don't forget to take enough water and rest during the heat wave.



