

Prevent Heat Stroke in Hot Weather

Good Ventilation

Plenty of Water

Avoid Prolonged Sun Exposure



Drink Water Regularly

Suitable Clothing



No Alcohol

Regular Rest Breaks



Sun Shelter



Job Rotation



OCCUPATIONAL SAFETY & HEALTH COUNCIL



Occupational Safety and Health Branch
Labour Department



Labour Department's Occupational Safety
& Health Complaint Hotline: 2542 2172
(All complaints will be treated in the strictest confidence)