



CHILLY PAD 清涼巾

Important Instructions for Chilly Pad by Manufacturer

1. Wash well before using for the first time. Rinse thoroughly by hand with warm water, or machine wash gentle cycle, cold water, with liquid detergent. Avoid bleach. Do not dry.
2. If hard or stuck together, do not peel apart. Soak for about 10 minutes in warm water, or wash with normal laundry as described above. It will come out perfect.
3. Use the product wet. The smooth side is for absorbing or drying. The textured side is for cooling. Add water to increase the cooling effect. Wring out excess water as needed.
4. Product is not affected by mold, odor or mildew. If this should occur, wash the product with detergent.
5. Store clean product (wet) in a zip lock bag or in the original storage container.

Major Risk Factors for Heat Stroke and other Heat-induced Accident

1. High temperature
2. High humidity (due to difficulty in sweat evaporation)
3. Poor ventilation
4. High radiant heat load (e.g., exposure to direct sunlight)
5. Heavy manual activities
6. Wearing clothing that hinders sweat evaporation and heat dissipation

Symptoms of Heat Stroke

1. Thirst, fatigue, lethargy
2. Nausea and headache
3. Fainting and transient loss of consciousness
4. Clammy skin and paleness
5. Weak and rapid pulse, and even muscle cramps

Safety Reminders – Prevention of Heat Stroke and other Heat-induced Accidents

1. Increase air flow by using appropriate ventilation or air conditioning system.
2. Avoid working under direct sunlight or in hot environment for prolonged periods of time.
3. Re-schedule work arrangement to cooler periods in daytime and cooler places.
4. Make arrangement for rest break preferably in cool or shady place.
5. Arrangement for job rotation during very hot periods.
6. Take plenty of cool water or other appropriate beverages to replenish fluid and electrolytes lost through sweating. Recommend to drink at least 250 ml cool water every 30 minutes for workers under hot environment.
7. Wear light-coloured, loose-fitting and heat-dissipated clothing.
8. Stop work and inform relevant person for appropriate actions, whenever any symptoms of heat stroke.