

SHIN-EI Journal

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Words of the Month

You can choose what makes you happy.

General Affairs Dept.

Be Aware of Heat Stroke!

It's getting warmer day by day. When it gets warm, we see a lot of news about heat stroke. Symptoms of heat stroke are hardly noticeable, so it can take life away without self-awareness. Pay attention to the following points to avoid it.

- ① **Physical Condition** When your physical condition isn't so good (lack of sleep or being sick), stay inside during day time and skip exercise.
- ② **Clothing** Wear breathable clothing and put a cap on outside.
- ③ **Hydration** When you feel thirsty, you've already lost a lot of water. Drink often and stay hydrated. You also lose salt with sweat, so make sure to have salt or isotonic sports drink.
- ④ **Age** Children and elderly people get heat stroke easily. Pay special attention to those people.



What if you get heat stroke?

- Go into the shadow or a cool room
- Loosen clothing & rest
- Cool your body
- Drink isotonic sports drink

Drive Safely in the Rain

Be careful when it starts to rain while driving. Rain raises dust and dirt on the road, and it makes road slippery and braking distance longer. Rain also changes people's behaviors. In the rain, pedestrians walk faster and mindlessly cross the streets.



Cyclists are more dangerous. They don't want to get wet. So, they tend to increase the speed, especially when it starts to rain. Both pedestrians and cyclists often look down to avoid puddles, and they don't even notice cars around them. In addition, people walking with an umbrella up have narrow vision. Umbrellas also prevent drivers to see their faces, and it's hard to tell their next actions. Drivers always should alert their running-out.

First Referral Incentives Will Be Paid!

We will be paying referral incentives for people started working with us in February. Some of you have referred over 10 people to us. Payment will start from 6/16 salary.

The referral program is still continued. We appreciate your support on this program and our business.

