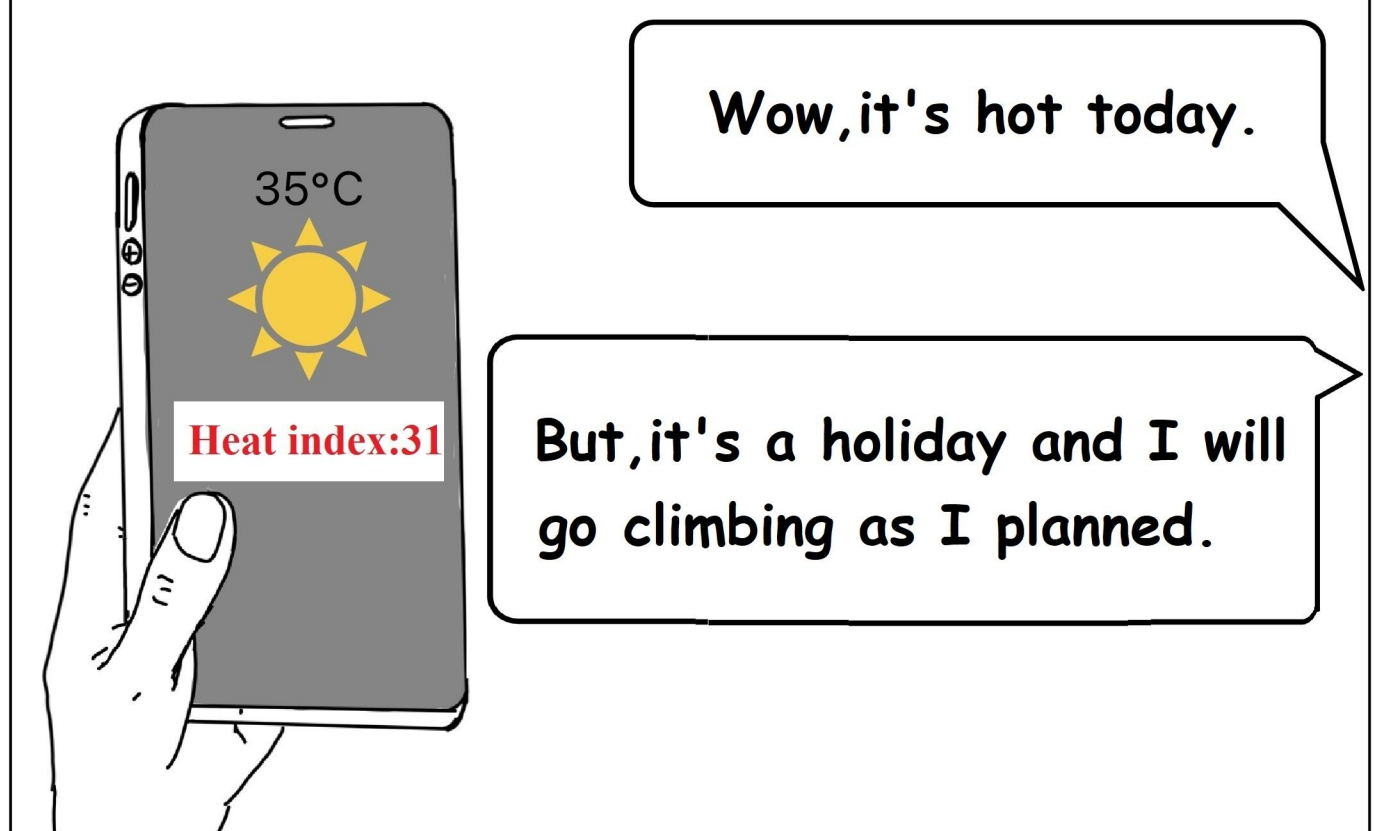


MANGA for climbing accident prevention

HEAT STROKE, DEHYDRATION



To prevent heat stroke, it is important to wear breathable, quick-drying clothing, and stay hydrated by drinking liquids frequently. Also, check the expected maximum temperature and Wet Bulb Globe Temperature (WBGT) in the area you will be in. If the temperature is expected to be dangerously high, please consider postponing your plans for a different day.



Wet Bulb Globe Temperature (WBGT): 31°C indicates a very high risk of heat illness and exercise should be stopped except for special cases.