

あなたの身体と心を守る！ Protect your physical and mental health!

脳・心臓疾患による死亡(過労死等) 防止対策 チェックシート

英語版

A Check Sheet to Safeguard Against Death
from Brain and Heart Conditions
(Death from Overworking, etc.)

☐

疲れがたまっている・強いストレスを感じる

I feel very tired. I feel a lot of stress.

いますぐ**チェックシート**で健康状態を確認！

Check your state of health right away using **this checklist!**

☐

ふだん特に問題はない

Usually I feel fine.

そういう方も月に一度、定期的に**チェック**をしましょう。

Even if you feel fine, you should **use the checklist** once a month.



公益財団法人 国際人材協力機構

Japan International Trainee & Skilled Worker Cooperation Organization

JITCO

Your Physical and Mental Health Is Important

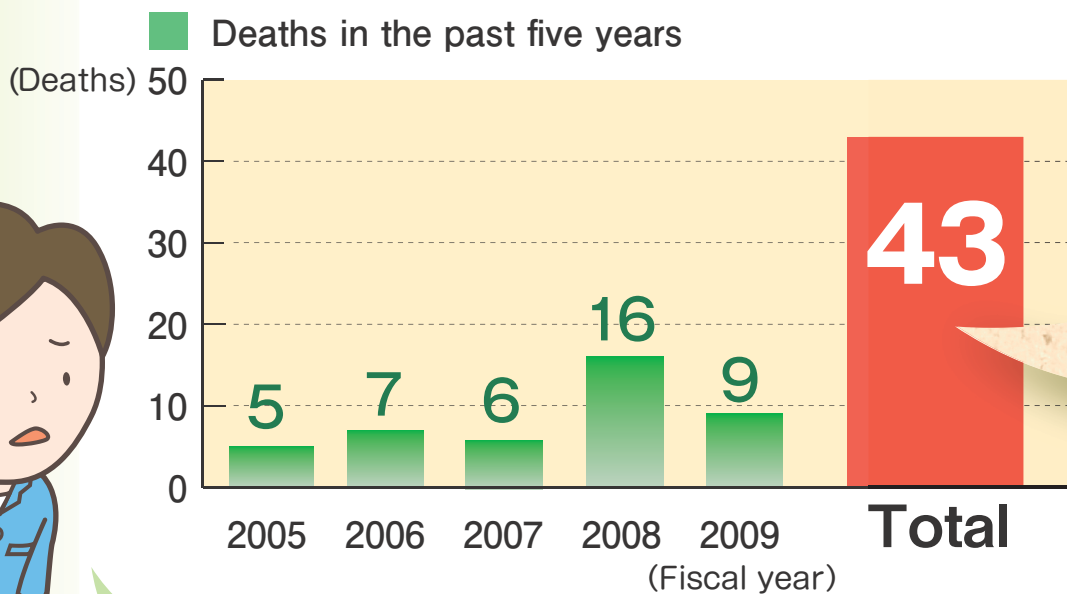


Take a look at the depicted-below graph. These are the statistics for technical intern trainees who died of brain or heart conditions in the past five years. Unfortunately, a few to more than a dozen technical intern trainees passed away each year.

The following **risk factors** shown on the right-hand page are involved in the onset of brain or heart conditions. Even though you are not aware of mental stress or fatigue, it is possible that these factors could have accumulated without your notice to **a really dangerous level**.



I have to be careful.



The Main Three Risk Areas

Risk Factors in the Working Environment

1. Fatigue from working long hours.
2. Fatigue, mental strain, and stress from midnight working routine, etc.



Risk Factors in Health Management

1. Physical disorders identified during medical checkups.
2. Symptoms such as chest pain, etc.



Risk Factors in Everyday Life

1. Lack of sleep.
2. Sudden weight gain from drinking and eating too much or an unbalanced diet, etc.



Check the state of your physical and mental health.

Let's CHECK!

身体と心のチェックシート

Physical and Mental Health Check Sheet



最近1ヶ月の状態について当てはまる項目をチェック☑して下さい。
Check items that apply to you within the past month.

1	イライラする Feel irritable	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)
2	不安だ Feel anxious	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)
3	落ち着かない Feel restless	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)
4	ゆううつだ Feel depressed	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)
5	よく眠れない Cannot sleep well	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)
6	身体の調子が悪い Feel unwell	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)
7	物事に集中できない Cannot concentrate	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)
8	することに間違いが多い Make many mistakes	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)
9	仕事中に強い眠気に襲われる Face a strong sleepiness during work	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)
10	やる気が出ない Feel unmotivated	<input type="checkbox"/> ほとんどない (0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある (1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある (3) <input type="checkbox"/> Often (3)

11	へとへとだ（運動後を除く） Feel exhausted (except after exercise)	<input type="checkbox"/> ほとんどない(0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある(1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある(3) <input type="checkbox"/> Often (3)
12	朝起きた時ぐったりした疲れを感じる Feel exhausted upon waking in the morning	<input type="checkbox"/> ほとんどない(0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある(1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある(3) <input type="checkbox"/> Often (3)
13	以前と比べて疲れやすい Get tired more easily than before	<input type="checkbox"/> ほとんどない(0) <input type="checkbox"/> Hardly ever (0)	<input type="checkbox"/> 時々ある(1) <input type="checkbox"/> Sometimes (1)	<input type="checkbox"/> よくある(3) <input type="checkbox"/> Often (3)

各々の()の中の数字を加算して下さい。
Add up the numbers in parentheses.

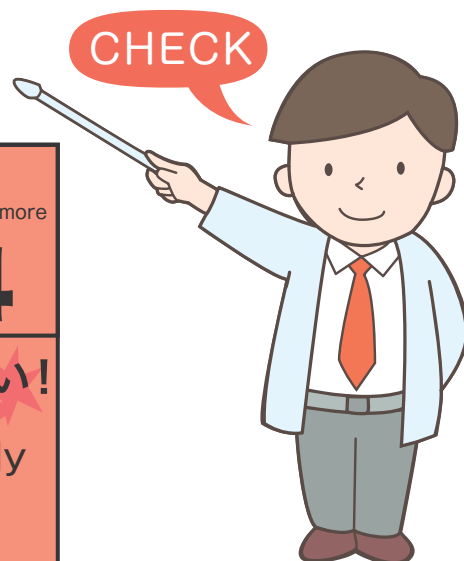
合計
Total

点
points

診断結果 Diagnosis

あなたの疲労度は…
Your degree of fatigue is…

0～4 点 points レベル Level 1	5～10 点 points レベル Level 2	11～20 点 points レベル Level 3	21 点以上 points or more レベル Level 4
低い Low	やや高い Slightly High	高い High	非常に高い! Extremely high!



レベル3・4に当てはまる方は、**注意が必要**です。
次の **危険要因チェックシート** に進んで下さい。

People at levels 3 and 4 need to **be careful**.
Proceed to the following **risk factor checklist**.

※ レベル1・2の方も進んで下さい。
自覚症状がなくても危険要因が大きい場合があります。

Note: People at levels 1 and 2 should also proceed with the following checklist, since risk factors can be high even if you display no symptoms.

危険要因チェックシート

Risk Factor Check Sheet

チェック項目があった方は、次ページの「解決に向けて」を読んで下さい。

Read the next page, "Hints for a Solution,"
if one or more of the following items apply to you.



当てはまる項目をチェック ☒ して下さい。
Check the items that apply to you.



労働環境の危険要因

Risk Factors in the Working Environment

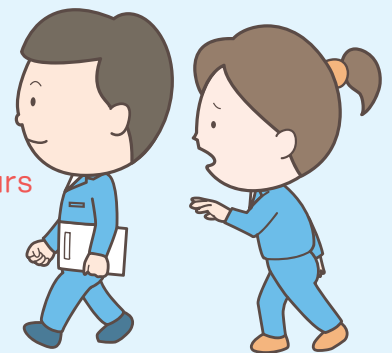
1. ☐ 1ヶ月の残業が80時間を超えていますか？
2. ☐ 交替制勤務・深夜勤務・不規則勤務・拘束時間が長い勤務が負担となり疲労がたまっていますか？
3. ☐ 下記のような精神的な強い緊張やストレスを感じていますか？
 - ▶ 周囲の理解や支援がない状況での困難な業務
 - 1. 職場の上司や同僚に対して気軽に話が出来ない。
 - 2. 職場の上司や同僚が助けてくれない、頼りにならない。
 - 3. 職場の上司や同僚が個人的な問題を相談しても聞いてもらえない。
 - ▶ 仕事をミスなくこなすことにプレッシャーを感じる、仕事合わない。

4. ☐ 厳しい寒冷・大きな寒暖差・大騒音・身の危険を感じるといった作業環境の負担が大きいですか？

1. ☐ Does your overtime work exceed 80 hours per month?
2. ☐ Are you fatigued because work is a burden due to split shifts, midnight working routine, irregular hours, or long hours spent in the workplace?
3. ☐ Do you feel any of the following types of mental strain or stress?

- ▶ You perform difficult tasks in situations without support or understanding from those around you
 - 1. You cannot talk easily with your boss or colleagues.
 - 2. Your boss or colleagues do not help you or are undependable
 - 3. Your boss or colleagues do not offer advice if you consult them about personal problems.
- ▶ You feel pressure to perform your work without mistakes or feel that your work does not suit you.

4. ☐ Is your working environment very uncomfortable because it is severely cold, there are huge temperature differences, there is loud noise, or you feel you are in danger?





健康管理の危険要因

Risk Factors in the Health Management

1. ☐ 健康診断で心電図により異常がありと診断されましたか？

2. ☐ 健康診断で脂質異常と診断されましたか？

▶ 総コレステロール220mg/dl以上 ▶ LDLコレステロール140mg/dl以上 ▶ HDLコレステロール40mg/dl未満 ▶ 中性脂肪150mg/dl以上

3. ☐ 健康診断で下記の異常ありと診断されましたか？

▶ 高血圧（上140mmHg以上ー下90mmHg以上）▶ 糖尿病 ▶ 肥満（BMI指数が25以上）▶ 尿酸値7.0mg/dl以上

4. ☐ 以下のような身体症状がありましたか？

▶ 急に息が苦しくなったり胸が痛くなる。▶ 手足が冷たく感じる、しびれる。▶ 頭痛と吐き気がする。▶ 動悸を感じる。

健康診断結果がわからなければ、
実習実施機関や監理団体の方に
照会しましょう。

If you do not understand the
results of your medical checkups,
ask someone in the organization
implementing technical intern
training or the supervising
organization.

1. ☐ Have you been diagnosed as having an abnormality on
an electrocardiogram during a medical checkup?

2. ☐ Have you been diagnosed with a lipid abnormality during a medical checkup?

▶ Total cholesterol 220 mg/dl or higher ▶ HDL cholesterol below 40 mg/dl
▶ LDL cholesterol 140 mg/dl or higher ▶ Neutral fat 150 mg/dl or higher

3. ☐ Have you been diagnosed with any of the following conditions during a medical checkup?

▶ High blood pressure (140/90 mmHg or higher) ▶ Obesity (BMI of 25 or higher)
▶ Diabetes ▶ Uric acid level of 7.0 mg/dl or higher

4. ☐ Have you had any of the following physical symptoms?

▶ Sudden difficulty breathing and chest pain. ▶ Headache and nausea.
▶ Cold and numb hands and feet. ▶ Palpitations



日常生活の危険要因

Risk Factors in the Everyday Life

1. ☐ 毎日の睡眠時間が5時間以下ですか？

2. ☐ 急に太ったりやせたりしましたか？

3. ☐ 次のような事による強いストレスがありますか？

▶ 同僚との仲がうまくいかない ▶ 私生活が侵害される ▶ 休日にストレスを発散できない
▶ 言葉がわからずイライラする ▶ 親身に話せる人がいない ▶ 母国の家族等のが気になる

4. ☐ 以下のような生活習慣がありますか？

▶ 大量に喫煙する ▶ 大量に飲酒する ▶ 運動をほとんどしない ▶ 食生活が不規則 ▶ 栄養が充分にとれていない

1. ☐ Do you sleep no more than 5 hours per day?

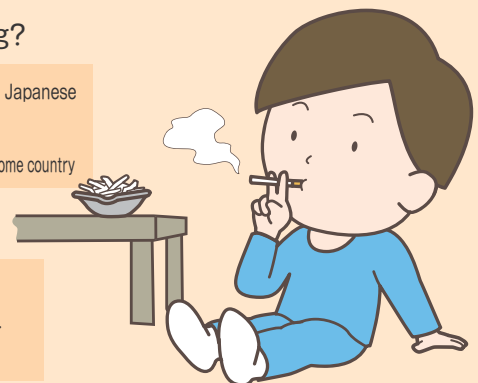
2. ☐ Have you suddenly gained or lost weight?

3. ☐ Do you feel heavily stressed by things like the following?

▶ Not getting along well with colleagues ▶ Frustration from not understanding Japanese
▶ Private life being invaded ▶ Have no one to confide in.
▶ Inability to release stress on days off ▶ Concern about family and friends in your home country

4. ☐ Do you have any of the following lifestyle habits?

▶ Smoke heavily. ▶ Eat irregularly.
▶ Drink heavily. ▶ Do not get enough nutrition.
▶ Exercise very little.



解決に向けて Hints for a Solution



労働環境の危険要因

Risk Factors in the Working Environment

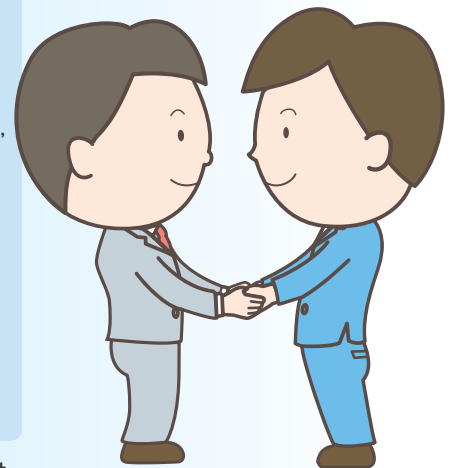
- 解決するためには、自らの努力だけではなく監理団体や実習実施機関の協力が必要になる事が多いと思われます。
- 監理団体や実習実施機関に申し出を行うことは勇気が要ることですが、健康を害してしまってはもともともありません。監理団体や実習実施機関の生活指導員や職場の上司の方等に率直に相談してみましょう。

- ①長時間労働（働きすぎ）については、自分の健康のことを考えて自ら自制することとても大切です。
- ②長時間労働以外の危険要因については、配置転換等が可能であればそれが必要になる場合もあります。配置転換により技能実習計画に変更が必要となる場合は、監理団体や実習実施機関が入国管理局や国際研修協力機構（JITCO）に相談および報告する必要があります。
- ③どうしてもその実習実施機関の中では解決が難しいという場合は、監理団体の方に相談してみてください。実習実施機関を変えることは、例外的な措置であり、入国管理局による許可を受けることが必要となります。

※なお、現在実施している技能実習の職種と作業の種類を変更することはできません

- Resolving an issue often requires cooperation from the organization implementing technical intern training or the supervising organization, not just efforts on your part.
- It takes courage to make a strong assertion to the supervising organization or the organization implementing technical intern training, but, otherwise, you could lose everything, let alone your health. Try to make a consultation straight away with advisers assisting technical intern trainees in the supervising organization or the organization implementing technical intern training, or with your boss or colleagues at your workplace.

- ①When it comes to working long hours (overworking), it is imperative to refrain from overworking by yourself to protect your health.
- ②To solve risk factors other than the factor of overworking, work reassignment may be necessary if possible. If your technical intern training plan needs to be changed along with the work reassignment, the supervising organization or the organization implementing technical intern training have to obtain an approval by the Immigration Bureau and the Japan International Training Cooperation Organization (JITCO).
- ③If the issue simply cannot be resolved within the organization implementing technical intern training. Changing your organization implementing technical intern training is one of the options. Please note that changing your organization implementing technical intern training is an exceptional measure requiring approval of the Immigration Bureau.



Note: The occupational category and type of work in your current technical intern training program cannot be changed.



健康管理の危険要因

Risk Factors in the Health Management

- 危険要因ありの人は、脳・心臓疾患による突然死のリスク度合が高まります。
- 健康診断結果表に書かれた医師の指示に従って下さい。
- 健康診断で異常を指摘された方は、技能実習への取り組みと日常生活で無理をしないようにして下さい。
- 再度医師の方と相談したい場合は、実習実施機関や監理団体の方と打ち合わせて、医療機関に受診するようにして下さい。

- Trainees with health risk factors are at a higher risk of sudden death from a brain or heart condition.
- Follow the doctor's instructions written on your medical checkup results sheet.
- If abnormalities in your medical checkup have been pointed out, take care not to push yourself in your technical intern training or in your day-to-day life.
- If you wish to consult with a physician again, ask the organization implementing technical intern training or the supervising organization to make rearrangement for further medical checkup.

「医療機関への自己申告表・補助問診票」利用のすすめ

Recommendation to use the Self-Report Form for Medical Institutions and Supplementary Questions About Your Physical Conditions

JITCOでは、技能実習生のみなさんが日本語と母国語併記の各症状の項目にチェックを付けることで自らの症状を医療機関に伝えることができる「医療機関への自己申告表・補助問診票」という資料を用意しています。技能実習生手帳やJITCO発行の法的保護情報講習テキストに掲載しており、またJITCOホームページからもダウンロード可能です。

JITCO has prepared a document called a Self-Report Form for Medical Institutions and Supplementary Questions About Your Physical Condition, which allow you to communicate your symptoms to a medical institution by putting a checkmark in a blank next to your symptoms on a sheet written in both Japanese and your native language. It is included in the Technical Intern Trainee Handbook and the Textbook for Legal Protection in Foreign Technical Intern Training Programs published by JITCO, and can be downloaded from JITCO's website.

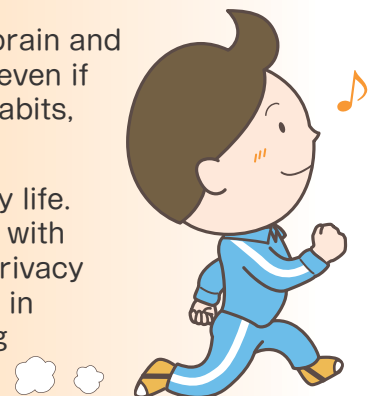


日常生活の危険要因

Risk Factors in the Everyday Life

- 危険要因ありの人は、脳・心臓疾患のリスクが高まります。特に自覚症状がなくても注意が必要です。自分の生活習慣を改善するよう心がけて下さい。
- 日常生活上のストレスの対処としては、以下のような方法が考えられます。同僚との共同生活においては、部屋割の変更をもらうことやベッドにカーテンによる間仕切りをつけることでプライバシーを確保する。外出や運動の励行、自転車の利用やパソコンの購入により生活の幅を広げるなど。

- Trainees with an everyday life risk factor are at a higher risk of brain and heart conditions. You have to behave in a very cautious manner even if you have no particular symptoms. Try to improve your lifestyle habits, such as smoking and drinking.
- The following are some ways to cope with stress in your everyday life. If living with colleagues in the same apartment and share a room with a colleague, have roommate allocation changed or secure your privacy by putting up a curtain between your beds. Expand the activities in your life by going out, exercising often, riding a bicycle, or buying a computer.



! What to Do in an Emergency !

What would you do if you happen to see someone collapse suddenly or find someone who is not responding?

● Call an ambulance by dialing 119 on a telephone.

Ambulances are free in Japan. Dial 119 on a telephone and give the operator the following information in Japanese:

1. Your location (address).
2. The situation (what happened to who, when, where, and how are they doing now)

Give as much information as you can, like: My colleague collapsed and is **not breathing**. His face is **blue** and he **cannot get up**. He is **not conscious**. Also, contact an adviser assisting technical intern trainees at the organization implementing technical intern training or the supervising organization or an interpreter and communicate the situation.



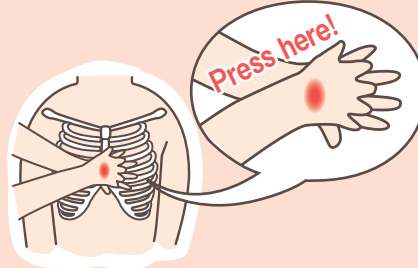
● Apply Chest Compressions

If the person **does not respond** when you call him or her in a loud voice tapping on his or her shoulder and is either **not breathing** or **breathing irregularly as if sobbing convulsively**, apply **chest compressions repeatedly until an ambulance arrives**.

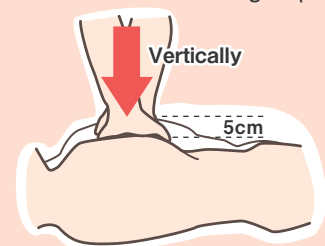
- 1** Lay the patient face up. Then kneel to the side of the patient's chest.



- 2** The point to apply compressions is the lower half of the sternum (the bone in the middle of the chest).



- 3** Apply adequate pressure to depress the chest at least 5 cm vertically. Then release the pressure so that the chest wall returns to its original position.



- 4** Repeat the compression and release of pressure at a fast tempo of **at least 100 repetitions per minute**.



More than 100 times!

- 5** Do not stop the chest compressions. If there is more than one rescuer, switch every 1-2 minutes and keep going.



Note!

Starting chest compressions as soon as possible is very important in cardiopulmonary resuscitation. Every minute and second counts.

Reference: How to Use an AED

Recently, devices called AEDs have been placed in buildings, factories, and commercial establishments of a certain size in Japan. Using an AED to apply an electric shock is very effective in cardiopulmonary resuscitation. If you can find this device near your location, make a try to use it. The device will orally give the operating instructions in Japanese. If you cannot operate the device because you do not understand the instructions, ask a Japanese person for help.



● Reference Information ●



JITCO Consultation Services in Foreign Languages

JITCO's foreign staff accepts telephone consultations or related inquiries from technical intern trainees.

	11:00-19:00 (except 13:00-14:00)					13:00-20:00
Every week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Indonesian	—	●	—	●	—	●
Chinese	—	●	—	●	—	●
Vietnamese	—	●	—	●	—	●

Telephone

Toll free : 0120-022330

Ordinary telephone : 03-6430-1111

Facsimile

03-6430-1114



Interviews with Physicians in the Case of Long Working Hours

- Japanese law stipulates that an organization implementing technical intern training must provide an interview with and guidance from a physician for a trainee if a trainee works more than 100 hours in a month and the trainee makes such a request.
- The law also stipulates that an organization implementing technical intern training must make an effort to provide an interview with and guidance from a physician or other measures for a trainee if a trainee works more than 80 hours in a month, especially if this situation continues for two or more months and the worker makes such a request.



Medical Checkups

- The law requires a medical checkup at the time of being hired, a routine medical checkup once per year (once every six months for work designated by law as hazardous), and a special medical checkup for workers engaged in special tasks, such as those involving organic solvents, dusts, or other specified chemical substances.
- The law stipulates that an organization implementing technical intern training must notify you of the results of medical checkups, must ask the physician's opinion about measures needed to maintain your health if any abnormalities are found, and must take those steps.
- The notification of medical checkup results usually includes the range of normal numbers for each checkup item. If there is an abnormality, a mark showing caution will be added to each item, and a recommended course of action (such as recommended follow-up, detailed examination required, or treatment required) will be indicated in the overall assessment column.



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