



For Foreign Workers

ACCIDENT ZERO+ HEALTH UP

Guide Book





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ACCIDENT ZERO

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ACCIDENT ZERO

For the five recent years, accidents involving foreign workers, such as getting jammed, being hit by an object, being amputated/cut, being bumped, falling down, etc., have occurred in the Western area of Gyeonggi-do. Because of this, 「Accident ZERO Health UP Guidebook」 was made for the prevention of accidents with the support from Korea Occupational Safety and Health Agency.



10 Safety Regulations in the Workplace

- 01 Always dress neatly.
- 02 Wear the protective equipment properly.
- 03 Check the machines or hand tools before working.
- 04 Fully understand the meaning of safety signs.
- 05 Operate the switch after securing the safety.
- 06 Do not remove the safety device on your discretion.
- 07 Follow the signal when carrying an object with the help of another person
- 08 Use a hand tool proper for a purpose of use.
- 09 Fasten the easy falling objects with a band or chain.
- 10 Pile up with a balance when loading objects.

Source: Korea Occupational Safety and Health Agency

How to Don Safety Protection Equipment in the Workplace





Getting Jammed



Getting jammed is a type of accident in the workplace caused by the following:

- ❶ Working point of machineries without protective device
- ❷ Rolling point of gears and rollers
- ❸ Power transmission area, such as belts, chains, etc.
- ❹ Occurrence due to cotton gloves while working with rotors
- ❺ Failure in stopping operation of machines or wrong operation of start button by other worker during mechanical maintenance/repair.



Preventive Measures

- * Check the protective device, such as sensor, cover, etc., at the working point of machineries.
- * Check the installation of protective cover at the rolling point of gears and rollers.
- * Check the installation of protective cover at Power transmission area such as belts, chains, etc.
- * Do not wear cotton gloves while working with rotors, and wear proper working clothes.
- * Work after stopping the machines for maintenance, repair, etc., and check the installation of the locking device and sign on the control panel.

Source: Korea Occupational Safety and Health Agency

2 Falling



Falling is a type of **accident in the workplace caused by the following:**

- ❶ Damaged ladder, slipping from ladder
- ❷ Damage to the weak area, such as sunlight, etc., while working on the maintenance on the roof
- ❸ Loading and packaging of truck
- ❹ Working on the large equipment or products



Preventive Measures

- ★ Use strong and undamaged ladder, wear safety helmet, and execute safe installation to prevent overturning.
- ★ Install a walk plate that is wider than 30 cm and a safety net to the bottom when working on the roof.
- ★ Work at the receiving and shipping points as tall as the truck cargo box, and wear safety helmet.
- ★ Use the elevator for high work areas, and check the installation of the safety plate when working on large equipment or products.

Source: Korea Occupational Safety and Health Agency

3

Being Hit by an Object



Being hit by an object is a type of accident in the workplace caused by the following:

- ❶ Objects piled up high in an unstable manner
- ❷ Heavy object without proper packaging transported by forklift
- ❸ Damage to the wire rope of crane and separation from hanging device
- ❹ Damage to the wheel, which is a high-speed rotor



Preventive Measures

- ★ Do not load high when loading heavy objects, and do not enter on the working area except for the workers.
- ★ Pack the heavy object with pallet, etc., when transporting using forklift.
- ★ Do not use a damaged wire for the crane, install the hook release device, and use the wire hanger properly when lifting object.
- ★ Install the protective cover to the high-speed rotor, and wear protective equipment, such as protective goggle, etc.

Source: Korea Occupational Safety and Health Agency



Being Bumped



Being bumped is a type of **accident in the workplace** caused by the following:

- ① Transporting with forklift
- ② Operation of truck
- ③ Rotation of boom of backhoe
- ④ Transporting heavy objects with crane



Preventive Measures

- ★ Load the object without blocking the sight of the driver when driving the forklift, and specify the speed limit to prevent speeding.
- ★ Assign the parking helper when operating the truck in the workplace, and drive the truck in accordance with the signs of parking helper.
- ★ Do not work in the working area of boom of backhoe at the same time.
- ★ Lift straight up to prevent eccentricity when lifting the heavy object with crane, do not allow workers to approach using the remote controller, etc.

Source: Korea Occupational Safety and Health Agency



Suffocating

Suffocating is a type of accident in the workplace caused by the following:

- ❶ Oxygen deficiency because the oxygen level is lower than the optimum level while working in a closed space
- ❷ Lack of rescue equipment when rescuing the victim



Preventive Measures

- ★ Measure the oxygen and noxious gas level before working, and ventilate the closed space for the optimum level of oxygen.
- ★ Follow the instructions of the person in charge of safety while working, and if you feel any hint of dizziness or a mild headache, leave immediately
- ★ Follow the instructions of the person in charge of safety while working, and if there is dizziness or mild headache, evacuate immediately and report to the person in charge of working.
- ★ Do not remove the mask for oxygen ventilation arbitrarily while working in a closed space.

Source: Korea Occupational Safety and Health Agency



Falling Down

Falling Down is a type of accident in the workplace caused by the following:

- ❶ Walking on frozen surfaces in the winter
- ❷ Missing a step while going down the stairs with a heavy object on hand
- ❸ Water, detergent, etc., on the floor of a restroom or kitchen
- ❹ Tripping on an electric wire, threshold, grooved floor, protruded area, etc.
- ❺ Tripping on the lubricant, parts, processed products, etc.



Preventive Measures

- ★ Ensure clear sight when transporting objects.
- ★ Remove the water, detergent, and ice immediately, and clean up and arrange the workplace frequently.
- ★ Check the nonskid measure on the stairs, and wear nonskid shoes.
- ★ Do not walk or run with hands in pocket.

Source: Korea Occupational Safety and Health Agency

Types and Shapes of Safety and Health Signs

<h2>1</h2> <p>PROHIBITION SIGNS</p>	Do Not Enter	Do Not Walk	No Vehicles	Do Not Use	Do Not Board
	Do not Smoke	No Flammables	Do Not Move Objects		
<h2>2</h2> <p>WARNING SIGNS</p>	Inflammable Substance Warning	Oxidizing Substance Warning	Explosive Substance Warning	Acute Toxicity Substance Warning	Caustic Substance Warning
	Radioactive Substance Warning	High-voltage Electricity Warning	Hanging Object Warning	Falling Object Warning	High Temperature Warning
	Low Temperature Warning	Loss of Balance Warning	Laser Beam Warning	Carcinogenic, Mutagenic, Reproductive Toxic, Systemic Toxic, Respiratory Hypersensitive Substance Warning	
<h2>3</h2> <p>DIRECTIONAL SIGNS</p>	Wear Protective Goggle	Wear Gas Mask	Wear Dust Mask	Wear Safety Mask	Wear Safety Helmet
	Wear Earplugs/Earmuffs	Wear Safety Boots	Wear Safety Gloves	Wear Safety Clothing	
<h2>4</h2> <p>INFORMATIVE SIGNS</p>	Green Cross Sign	Emergency Aid Sign	Stretcher	Eyewash Station	Emergency Exit

Contact Information of Korea Occupational Safety and Health Agency by Region

Region	Name	Telephone Number	Region	Name	Telephone Number
Contact Information of Korea Occupational Safety and Health Agency by Region			052-703-0500		
Occupational Safety and Health Research Institute			052-703-0824		
Seoul	Seoul Regional Headquarters	02-6711-2800	Gyeonggi · Incheon	Central Regional Headquarters	032-510-0500
	Northern Seoul Branch	02-3783-8300		Southern Gyeonggi ranch	031-259-7149
	Gangwon ranch	033-815-1004		Northern Gyeonggi ranch	031-841-4900
	Eastern Gangwon ranch	033-820-2580		Western Gyeonggi ranch	031-481-7599
Jeolla · Jeju	Gwangju Regional Branch	062-949-8700	Eastern Gyeonggi ranch	Eastern Gyeonggi ranch	031-785-3300
	Jeonbuk Branch	063-240-8500		Bucheon Branch	032-680-6500
	Western Jeonbuk Branch	063-460-3600		Busan · Gyeong nam	Busan Regional Branch
	Western Jeonnam Branch	061-288-8700	Ulsan Branch		052-226-0510
	Eastern Jeonnam Branch	061-689-4900	Gyeongnam Branch		055-269-0510
	Jeju Branch	064-797-7500	Eastern Gyeongnam Branch	055-371-7500	
Daegu · Gyeong buk	Daegu Regional Headquarters	053-609-0500	Daejeon · Chung cheong	Daegu Regional Headquarters	042-620-5600
	Western Daegu Branch	053-650-6810		Chungnam Branch	041-570-3400
	Eastern Gyeongbuk Branch	054-271-2014		Chungbuk Branch	043-230-7111
	Northern Gyeongbuk Branch	054-478-8000			



Safety and Health App

Scan now and install it!

Run the application and scan the QR code to read the relevant information immediately.



Download the Korea Occupational Safety and Health Agency's application.



Run the Korea Occupational Safety and Health Agency Headquarters' application and select "Scan QR Code."



Scan the QR code.



Page for risk factors by process and preventive measures

HEALTH 
UP



Information on Health Examination System for Workers

Workers face the risk of occupational diseases because of their exposure to the various harmful factors related with working environment. Thereupon, progress can be prevented in advance by finding the illnesses or occupational diseases at an early stage through the health examination.

/ Type of Health Examination /

- General Health Examination

- Office Workers : Once or more times in two years
- Other Workers : Performed once or more times in one year

- Special Health Examination

- Health management of workers exposed to the harmful factors

- Health Examination before Arrangement

- Evaluation on eligibility for the arrangement of work

- Frequent Health Examination

- Temporary Health Examination



Criteria Table for Physical Examination Results

Health Management Category		Contents of Health Management Category
A		A worker who does not need follow-up health management(Healthy worker)
C	C ₁	A worker who needs observation, such as a follow-up examination, etc., because of the possible progression of occupational disease (Worker who needs close observation on occupational disease)
	C ₂	A worker who needs a follow-up examination because of the possibility of the progression of general disease (Worker who needs close observation on general disease)
D ₁		A worker who needs a follow-up examination because of the findings of occupational disease (Worker with findings of occupational disease)
D ₂		A worker who needs a follow-up examination because of the findings of general disease (Worker with findings of general disease)
R		A worker who needs follow-up examination because of the findings of general disease (Worker with findings of general disease)

Hypertension and Daily Life Rules



⊙ Blood pressure goes up and down depending on the activity status, but the status with constant abnormal level of blood pressure is called hypertension. Hypertension is classified as essential hypertension (primary hypertension) if with unknown cause, and inessential hypertension (secondary hypertension) is classified with clear cause, such as abnormality in endocrine system (e.g., nephrosis), drug intake, etc. More than 90% of hypertension cases has been recorded as essential hypertension.

Hypertension Criteria

Category	Systolic Blood Pressure		Diastolic Blood Pressure
Healthy	<120	And	<80
Prehypertension	120~139	Or	80~89
Stage 1 Hypertension	140~159	Or	90~99
Stage 2 Hypertension	≥160	Or	≥100

Daily Life Rules to Prevent Hypertension

- ★ Eat balanced and unsalted diet.
- ★ Maintain the appropriate weight to avoid obesity.
- ★ Exercise properly at least 30 minutes every day.
- ★ Quit smoking and refrain from drinking.
- ★ Decrease lipids and eat more vegetables.
- ★ Avoid stress and maintain a peaceful mind.
- ★ Measure blood pressure and do regular medical examination.

Source: The Korean Society of Hypertension

Diabetes and Daily Life Rules



⊙ Diabetes is a chronic metabolic disease in which the amount of insulin produced by pancreas becomes insufficient or the excreted insulin does not act properly in the body.

Diabetes Criteria

	Normal	Impaired Fasting Blood Glucose	Impaired Glucose Tolerance	Impaired Glucose Tolerance
Fasting Blood Glucose	Lower than 100	100 ~ 125		126 and higher
2 Hours after Food Intake	Lower than 100		140 ~ 199	200 and higher

Daily Life Rules to Prevent Diabetes

- ★ Eat appropriate amount of food regularly.
- ★ Be cautious about the intake of monosaccharide, such as sugar, honey, etc.
- ★ Eat a proper amount of dietary fibers
- ★ Take proper amount of fat and limit the intake of cholesterol.
- ★ Decrease salt intake.
- ★ It is better to avoid alcohol.

Source: Korean Diabetes Association

Hyperlipidemia and Daily Life Rules



Hyperlipidemia is a condition that causes cardiovascular disease as a result of vascular wall inflammation due to the accumulation of excessive amount lipid components in the blood vessel. Recently, an abnormal lipid state in blood is called hyperlipidemia.

Hyperlipidemia Criteria

Total Cholesterol	Triglyceride	High-density Lipoprotein Cholesterol	Low-density Lipoprotein Cholesterol
200 mg/dl and higher	200 mg/dl and higher	Male: 35–5 5mg/dl Female: Lower than 45–65 mg/dl	130 mg/dl and higher

Daily Life Rules to Prevent Hyperlipidemia

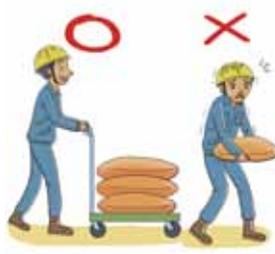
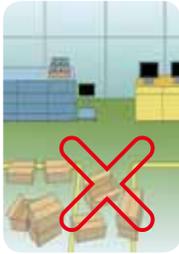
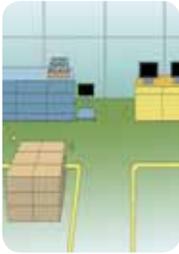
- ★ Decrease saturated fat intake.
- ★ Limit the intake of food containing large amount of cholesterol up to 2-3 times per week.
- ★ Maintain normal weight.
- ★ Avoid alcohol as much as possible.
- ★ Eat food items with plenty of dietary fiber.
- ★ Exercise properly at least 30 minutes every day.
- ★ Decrease excessive saccharide intake.

Standard weight (kg) = {Height (cm) - 100} × 0.9

Degree of obesity (%) = {Actual weight - Standard weight} / Standard weight × 100



Prevention of Musculoskeletal Diseases in Daily Life



- ★ Always arrange the workplace and keep floor flat.
- ★ Do not bend or twist the back when holding or placing an object.
- ★ Do not place an object above the shoulder's height as much as possible.
- ★ Keep the frequently used parts or tools handy.
- ★ Working height should be adjusted to the level of elbow height.
- ★ Select the hand tools which are light and easy to handle.
- ★ Use the sit-stand chair or foot rest when working for a long time while standing.
- ★ Take sufficient amount of rest regularly.
- ★ Use the transport truck when transporting objects.
- ★ Make stretching a part of life.

*Please comply with
the 10 Safety Regulations~!*



Symptoms of Infectious Disease and Preventive Measures



• Shigellosis

- Cause | Direct or indirect fecal–oral transmission from patient or carrier
- Symptoms | Fever, nausea, intermittent vomiting
- Preventive Measures | Wash hands thoroughly and boil water before drinking it.

• Typhoid Fever

- Cause | Spread through the food items and water that were contaminated by urine or feces of patient or carrier
- Symptoms | Fever, headache, malaise, loss of appetite, etc.
- Preventive Measures | Wash hands thoroughly, and guarantee the quality of foods before cooking or drinking water.

• Malaria

- Cause | Transmitted by the anopheles mosquito infected by protozoa.
- Symptoms | Chill, fever, and repetitive alleviation of fever after perspiration.
- Preventive Measures | Protect oneself against mosquito bites.

• Japanese Encephalitis

- Cause | Spread through the culex tritaeniorhynchus infected by Japanese encephalitis virus
- Symptoms | Mild symptoms with fever or progress to viral meningitis or encephalitis
- Preventive Measures | Get vaccinated.

• Hemorrhagic Fever with Renal Syndrome

- Cause | Respiratory tract infection through the dried saliva and feces of mouse, etc., infected by virus
- Symptoms | Febrile phase - Hypotensive phase - Oliguric phase - Diuretic phase - Recovery phase (5 stages of clinical symptoms)
- Preventive Measures | Do not leave your clothes anywhere or lie down on the grass.



Symptoms of Infectious Disease and Preventive Measures

• Tsutsugamushi Fever(Scrub Typhus)

- Cause | Spread through trombiculid mites infected by pathogen (acute febrile disease)
Symptoms | Fever, chill, headache, skin rash, vomiting, abdominal pain, cough, etc.
Preventive Measures | Do not lie down on the grass or crouch on the grass to have a urine or defecate, wear long sleeve shirts and long pants, take a shower or bath after outdoor activities, and wash your clothes.

• Tuberculosis

- Cause | Infection by mycobacterium tuberculosis (spread through the air from person to person)
Symptoms | Cough, hemoptysis, weight loss, fever, and difficulty in breathing
Preventive Measures | Get vaccinated, and ask for doctor's checkup if cough persists for two weeks or more.

• AIDS

- Cause | Infection with HIV (human immunodeficiency virus)
Symptoms | Asymptomatic in most cases
Preventive Measures | Use condom properly, and never share needles.



Rules to Prevent Infectious Disease

- 1 It is **important to wash your hands frequently** to prevent waterborne infectious disease.
- 2 Boil water before drinking it, and eat food items that are fully **cooked by heat**.
- 3 Observe the “**coughing etiquette**” by covering the mouth with tissue or handkerchief when coughing or sneezing.
- 4 Avoid overworking, take plenty of rest, and maintain **sufficient nutrition intake and regular life** balance when respiratory tract disease spreads.
- 5 **Report to the regional health center immediately** if a group of people suffer from diarrhea.

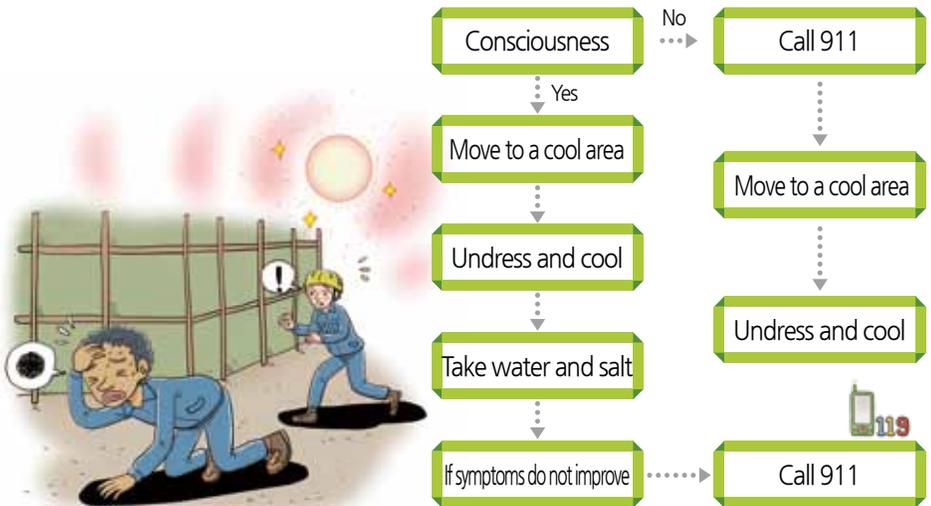
Source: Korea Centers for Disease Control and Prevention

Heat Wave

/ Types of Thermal Disease and Major Symptoms /

Heat stroke	<ul style="list-style-type: none"> · Altered consciousness/comatose state (central nervous dysfunction) · Hot and dry skin due to lack of perspiration · Severe headache · Chill · Tachycardia, tachypnea, hypotension 	Heat Cramps	<ul style="list-style-type: none"> · Muscle cramps (shoulder, arm, leg, abdomen, finger)
	Heat Exhaustion	<ul style="list-style-type: none"> · Excessive perspiration · Severe helplessness and fatigue · Pale muscle cramps · Nausea or vomiting 	Heat syncope
Heat Edema			<ul style="list-style-type: none"> · Edema of hands, feet, or ankles
Heat Rash			<ul style="list-style-type: none"> · Multiple red rashes or vesicles (neck, upper chest, groin, under the breast, and inner elbow)

/ Emergency Measures for Thermal Disease /



※ Take water and salt after the consultation with a medical staff if a person has cardiac disease and heart failure.

Source: Korea Centers for Disease Control and Prevention

Cold Wave

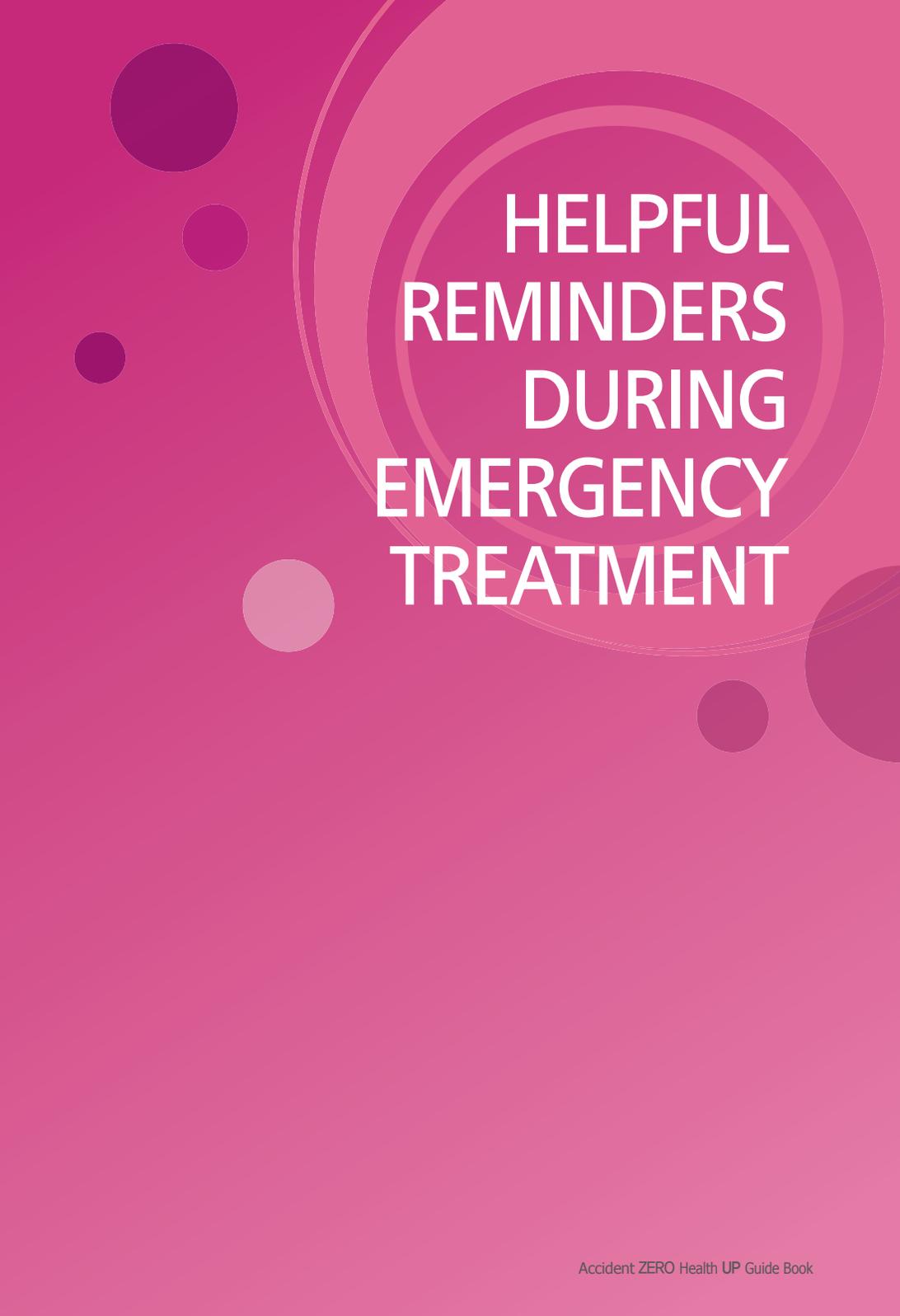
/ Major Symptoms of Hypothermia and Emergency Treatments /

Symptoms	Emergency Treatments
<ul style="list-style-type: none"> · Inarticulate speech or memory impairment occurs. · Consciousness gets dimmed. · Feeling of constant fatigue · Severe shivering of extremities 	<ol style="list-style-type: none"> 1. Go to the hospital or call 911 immediately if symptoms are suspected. 2. Undress the wet clothes and wrap with sleeping bag. 3. Place hot pack on the armpit or abdomen. Hugging is effective if there is no hot pack. Warms the core areas, such as the head or body, rather than the extremities. 4. Having a warm drink might be helpful for the conscious patient, but be cautious with the unconscious patient.

/ Major Symptoms of Frostbite and Emergency Treatments /

Symptoms	Emergency Treatments
<ul style="list-style-type: none"> · First-degree Frostbite : Sharp pain, redness with itching, edema · Second-degree Frostbite : Skin color changes to dark red and blister appears. · Third-degree Frostbite : Necrosis of skin and subcutaneous tissue, extinction of sense · Fourth-degree Frostbite : Necrosis of muscle and bone 	<ol style="list-style-type: none"> 1. Transfer the patient to a warm environment. 2. Undress the wet clothes and wrap the whole body with blanket. 3. Soak the frostbite area in warm water with a temperature between 38~42℃ for 20~40 minutes. ※ 38~42℃ of temperature : Comfortable temperature when normal area is soaked. 4. Place a warm wet towel on the ear or facial frostbite and change frequently. 5. Remove the moisture by placing a dry sterile gauze between the toes and the fingers to prevent it from sticking with each other. 6. Alleviate the pain and edema by raising the frostbite area slightly. 7. Transport the patient immediately to the hospital, and use a stretcher to carry him/her. ※ If frostbite is on the leg, the patient should not walk even after thawing.

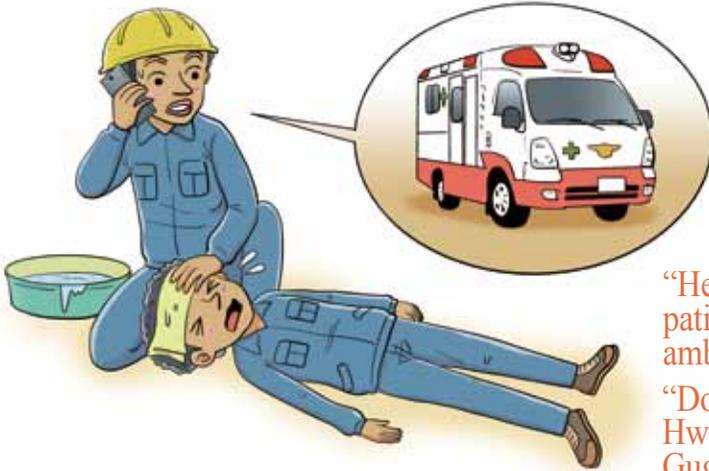
Source: Korea Centers for Disease Control and Prevention



HELPFUL REMINDERS DURING EMERGENCY TREATMENT



Order of Emergency Treatment



119 Call 911

“Help! We have a patient. We need an ambulance.”

“Dowajuseyo.
Hwanjaga isseoyo.
Gugeubchaga
piryohaeyo.”

01 Check whether it is an emergency situation.

02 Check what needs to be done.

- Determine the status of the patient preferentially.
- If the status of the patient seems critical, call 911 and ask for an ambulance.

03 Call for an ambulance.

- If patient is transported via regular vehicle, serious risk might be caused to the patient.

04 Move the patient to a safe area.

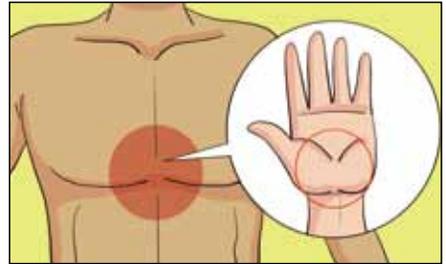
05 Assess the patient.

- Check if it is a life-threatening situation, and determine the type of measures needed.

06 Start the emergency treatment.

Source: National Emergency Medical Center

Emergency Treatment for Cardiac Arrest (Cardiopulmonary Resuscitation)



Place the center of the palm on the center of the chest, and do not let the fingers touch the chest.



30 chest compressions



Straighten the arms and push 5-6 cm deep perpendicularly with the speed of 100-120 bpm.



Tilt the head and lift the chin to open the airway.



Give two rescue breaths with the nose closed.

※ **There should be 30 chest compressions and 2 rescue breaths** to be repeated until emergency medical technicians (EMT) arrive.

Emergency Treatment for **Fracture**

When an arm is fractured



Place the wire splint, book, etc., on the fractured area and apply bandage to fixate the joints above and below the fractured area together.



Check the sensation on the tip of finger as well as the blood circulation.



If there is no abnormality in finger sensation and blood circulation, place an ice bag on the injured area.



Make a sling with a triangular bandage and tie the tips behind the neck of the patient.



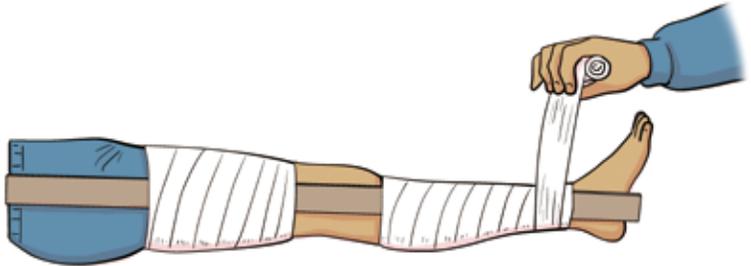
Make a sling with a triangular bandage and tie the tips behind the neck of the patient.



After the treatment, check for the sensation and blood circulation at the tip of finger once more.

When a leg is fractured

Fixate the whole leg with a wooden board, etc., and apply the bandage tightly.



-
- Be **cautious** of the nervous, vascular, or muscular damage at the tip of the broken bone and skin penetration caused by touching the injured area or carelessness **while transporting the patient**.
 - Prevention and treatment for shock because of hemorrhage and pain should be prepared.
 - **Hemostasis treatment should be given preferentially in case of open fracture** with skin damage, and **signs of internal bleeding should be observed in case of closed fracture** without injury.
 - If the injured person should be moved urgently before applying splint, support the area above the fracture with one arm and the area below the fracture with the other arm for protection.
 - Because of severe pain, **cold compression (ice)** should be applied to minimize the pain while transporting. Food intake is also prohibited.

Source: Korea Occupational Safety and Health Agency



Emergency Treatment for Burn

Thermal Burn

- Cool down the burnt area with cold and running water immediately.
- Cut the clothes or socks after cooling down by pouring the water if it is difficult to undress.
- Do not pop the blisters formed by second-degree burn.
- Cool down the injured area sufficiently, and go to the nearest hospital without applying anything on the injured area.
- **Transport the patient to a hospital that is specialized in treating burn injuries.**



Chemical Burn

- Wash the affected area with cold and running water. It is best to do it quickly because the tissue injury continues as long as the chemical substance is acting. (Some substances should be washed after getting rid of the substance.)
- Transfer to the area with fresh air, and loosen your clothes.
- If the chemical substance gets into the eyes, wash them with running water for more than 10 minutes, cover both eyes with clean cloth or eye patch, and go to the nearest hospital. (Cover both eyes although only one eye is injured.)



Electric Burn

- Cut the power supply first.
- If it is difficult to turn off the power supply, separate the source of electricity from the victim using nonconductive material
- Transport the injured person immediately to the hospital because some people may have deep dermal burn caused by electric shock although they are conscious and look healthy.

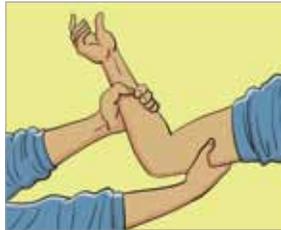


Source: Korea Occupational Safety and Health Agency

Emergency Treatment for Hemorrhage



Direct pressure method



Pressure on hemostatic point



Tourniquet



- Measure the blood pressure, pulse rate, respiration and temperature for the prevention of shock.
- **Transport the patient and cover him/her with blanket to keep the body temperature** (possibility of internal hemorrhage if shock occurs without external hemorrhage).
- Stop hemostasis with **direct pressure** on hemorrhagic area for more than 5 minutes, and raise the hemorrhagic area **higher than the heart level**.
- Use **tourniquet only in a life-threatening situation, such as amputation**, and apply it from the injured area toward the heart
Record the time in which tourniquet has been applied, and **transport the patient to the hospital**. (There is a possibility of internal hemorrhage if shock occurs without external hemorrhage.)

Source: Korea Occupational Safety and Health Agency

Other Injuries



Other Injuries | A wound caused by being stabbed with sharp objects, such as knife or spear, in which risk of infection is high.

Treatment when Stabbed by a Sharp Object



- Get tetanus vaccination if stabbed by rusty or dirty nail.
- If an object cannot be pulled, fix the stabbed area with towel, etc., without pulling it and transport the patient to the hospital.

Amputation Wound | Possibility of excessive hemorrhage and damage to the amputated area is high.

Method to Preserve the Amputated Area



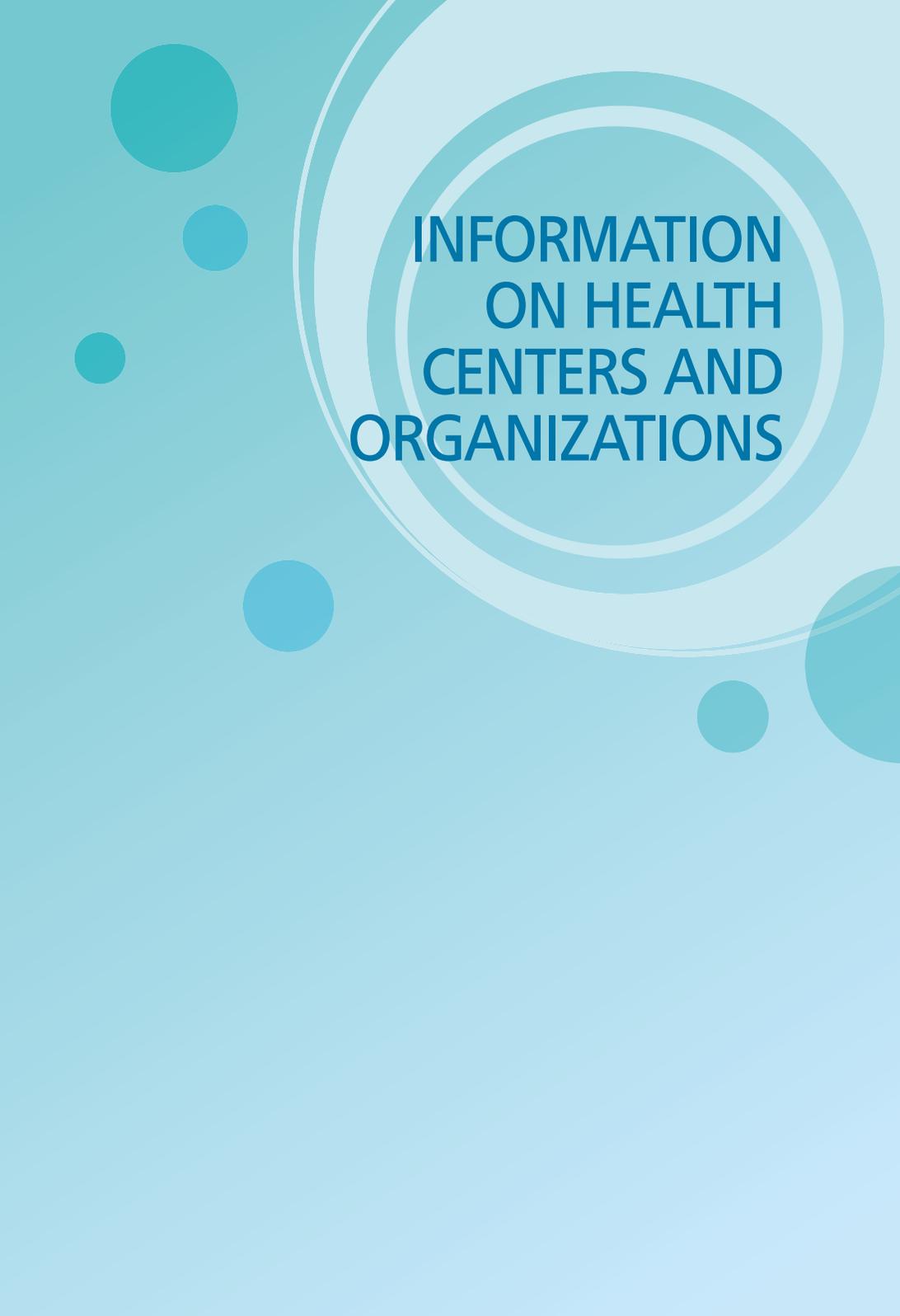
- Wrap the amputated area with the sterile gauze and seal it in the plastic bag.
- Pour water and ice in a large container.
- Put the sealed bag with the amputated area in the container that contains ice water and transport the injured person to a hospital that is specialized in replantation.

Incised Wound | If hemostasis is not possible with direct pressure and internal tissue seems damaged, transport the patient to the hospital because suture might be required.

Abrasion | Although hemorrhage is not severe, the area should be washed with running water for 5 minutes because it can be easily infected.

Scratch | Infection may occur if scratched by dirty nail, animal claw, etc.
· Although the wound is not deep, transport the injured person to the hospital if there are signs of infection or if scratched with an animal claw, old nail, etc.

Source: Korea Occupational Safety and Health Agency

The background is a light teal color. It features several white circles of varying sizes. A large, prominent white circle is centered in the upper half of the page, containing the text. Other smaller white circles are scattered around it, some overlapping the edges of the large circle. The text is in a bold, blue, sans-serif font, arranged in four lines.

**INFORMATION
ON HEALTH
CENTERS AND
ORGANIZATIONS**



Information on Business of Health Center for Foreigners

○ Physical Examination

- * Subject : Foreign applicants
- * Period : Throughout the year (Monday to Friday, 09:00~18:00)
- * Fee : Paid service
- * Examination Area - Hepatitis B antibody test, liver function test, cholesterol test, triglyceride test, kidney function test, anemia test, fatty liver test, gout test, blood type test, urine test, pregnancy test
 - Chest X-ray, bone density test
 - AIDS, syphilis test

○ General Examination

- * Subject : Foreign applicants
- * Period : Throughout the year (Monday to Friday, 09:00-18:00)
- * Location : Medical Office at Health Center
- * Areas : Internal diseases, such as diabetes, hypertension, chronic disease, etc., physical therapy
- * Cost : KRW 500 (KRW 3,940 if the patient is not a member of health insurance)

○ Management of Infectious Disease

- * Information on Reporting the Legal Infectious Disease
 - Report Obligator
- * Doctor, oriental doctor
- * In case of Group 1 Infectious Disease, head of family, householder, or family member within the household, and head of organization, administrator, manager, or representative for an organization in which many people gather together
 - Reporting method: Report about the patient with infectious disease to the regional health center (written, verbal, via phone call, via fax, etc.)

○ Prenatal Management for Pregnant Woman

- * Subject : Pregnant woman in the early stage of pregnancy and up to the stage of delivery
- * Examination areas
 - Pregnancy test (urine test), blood pressure, weight and urine test
 - Initial examination before pregnancy: Basic blood test, anemia, hepatitis B, rubella, blood type, AIDS, etc.
 - Week 16 - before delivery: Provide iron supplement.
- * Operation schedule: Monday - Friday (p.m. if possible)

○ Vaccination

- * Subject: Infants and adults
- * Type and schedule of vaccinations

Type and schedule of vaccinations	Type of Vaccination	Number of Vaccinations	Time of Vaccinations	Cost
Infant	BCG	1	4 weeks	Free
	4 weeks	3	0-6 months	
	PDT	5	2 months, 4 months, 6 months, 18 months, 4~6 years old	
	Poliomyelitis (Polio)	4	2 months, 4 months, 6 months, 12~15 months	
	Encephalo-meningitis	4	2 months, 4 months, 6 months, 12~15 months	
	Pneumococcus	4	2 months, 4 months, 6 months, 12~15 months	
	MMR (Measles, Mumps, Rubella)	2	12~15 months, 4~6 years old	
	Varicella	1	1 vaccination within 12~15 months	
	Japanese Encephalitis	5	2 vaccinations with 1 week interval within 12~24 months 1 additional vaccination after 1 year, 6 years old, 12 years old	
Adult	Hepatitis B	3	Person with negative result from hepatitis B antibody test	Paid service
	Typhoid Fever	1	Traveler in area infected by typhoid fever	
	Hemorrhagic Fever with Renal Syndrome	3	Person who spend a lot of time outside, such as farmer	



Free Medical Treatment Organizations for Foreigners

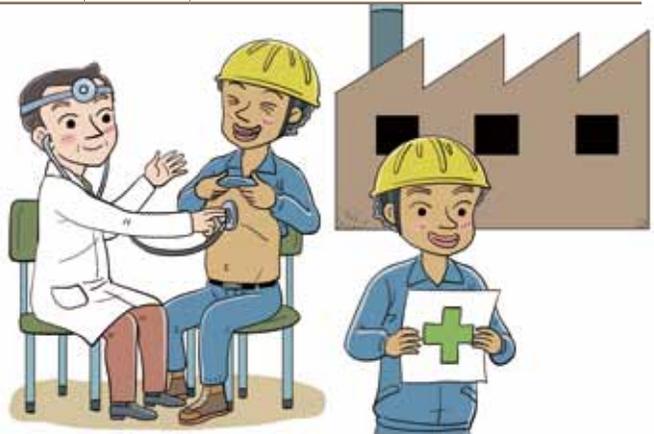
Category	Name of Organization	Telephone Number	Location	Address	Medical Treatment Time
Gyeonggi-do	Siheung Hope Voluntary Medical Service Group	031-434-0411	Siheung Migrant Welfare Center	5, Gongdan 1-daero 259beon-gil (Jeongwang-dong), Siheung-si, Gyeonggi-do	4th Sunday of every month 14:00~16:00
	Ansan-si Danwon-gu Wongok Health Center Branch	031-481-3605	Wongok Health Center Branch	43, Buburo (Wongok-dong), Danwon-gu, Ansan-si, Gyeonggi-do	Every Sunday 15:00~18:00
	Ansan Migrant Workers Home / Korean Chinese House	031-495-2288	Ansan Migrant Workers Home	26, Wonseon-ro (Wongok-dong), Danwon-gu, Ansan-si, Gyeonggi-do	2nd Sunday of every month 14:00~16:00
	Free Medical Treatment for Foreigners at SAM Medical Center		SAM Medical Center	9, Samdeok-ro (Anyang-dong), Manan-gu, Anyang-si, Gyeonggi-do	1st Sunday of every month 14:00~16:00
	Ajou University Medical Center Volunteer Medical Service Club	031-219-5979	Dongsuwon Grace and Truth Church Education Center	3, Jangdari-ro 322beon-gil (Ingye-dong), Paldal-gu, Suwon-si, Gyeonggi-do	1st Sunday of every month 12:00~15:00
Incheon	Incheon Support Center for Foreign Workers	032-431-4545	Incheon Support Center for Foreign Workers	220, Hogupo-ro (Nonhyeondong), Namdong-gu, Incheon	3rd Sunday of every month 13:00~17:00
Seoul	Seoul Migrant Worker's Hospital	070-8670-9966	Migrant Worker's Hospital	1307, Nambusunhwan-ro (Garibong-dong), Guro-gu, Seoul	Monday - Friday 08:30~17:00
	Seoul Medical Association Voluntary Medical Service Group	02-2676-9030	Seoul Medical Association Office	5, Beodeunaru-ro 18-gil (Dangsan-dong), Yeongdeungpo-gu, Seoul	Every Sunday 13:30~16:30
	Galilee Church Medical	02-866-3884	Galilee Church Medical	93, Saemal-ro (Guro-dong), Guro-gu, Seoul	2nd, 3rd, and 4th Sunday of every month 13:30~15:00

* Medical treatment schedule can be changed upon the decision of the management of each organization.

Other Organizations to Support Foreigners



Name	Location	Telephone Number	Support Details
Korea Foundation for International Healthcare	6, Eulji-ro (Euljiro 1-ga), Jung-gu, Seoul	02) 6910-9000	<ul style="list-style-type: none"> Health and medical support for foreign workers - Provides support for mobile clinic vehicle, medicinal products, etc. (provides free medical treatment) - Creates and distributes multilanguage health information data
Gyeonggi Seobu Workers' Health Center	247, Gongdan 1-daero (Jeongwang-dong), Siheung-si, Gyeonggi-do	031) 1577-6497	<ul style="list-style-type: none"> Consultation on health problems related with work
Korea Workers' Compensation and Welfare Service Ansan Hospital	87, Guryong-ro (Il-dong), Sangrok-gu, Ansan-si, Gyeonggi-do	031) 5001-103~105	<ul style="list-style-type: none"> Medical service support for neglected class of people, such as foreign workers - Subject : Foreign workers and their family members without medical benefit from medical social security - Support : Supports fees for hospitalization, surgery and medical treatment
We Friends Migrant Health Association in Korea	12, Tongil-ro 9-gil (Naengcheon-dong), Seodaemun-gu, Seoul	02) 3147-0516	<ul style="list-style-type: none"> Medical Insurance Union - Subject: Migrants who resided in Korea for more than six months among migrants who cannot subscribe with the national health insurance (foreign worker, international student, refugee, etc.) - Support: Supports based on the standards for support of Medical Insurance Union
Jubilee Medical Insurance	32, Siheung-daero 151-gil (Doksan-dong), Geumcheon-gu, Seoul	02) 854-7828	<ul style="list-style-type: none"> Medical Insurance Union - Subject: Foreigners (workers or international students) and persons without medical insurance benefit due to foreign nationality - Support: Support based on the standard support of Medical Insurance Union





Health Centers in Gyeonggi-do

Name of Health Center	Address	Telephone Number	Remark
Goyang-si Deokyanggu Public Health Center	28, Wondang-ro 33beon-gil, Deogyang-gu, Goyang-si	031-961-2551	
Goyang-si Ilsanseong-gu Health Center	54, Iljung-ro, Ilsanseong-gu, Goyang-si	031-961-2563	
Goyang-si Ilsandong-gu Health Center	1228, Jungang-ro, Ilsandong-gu, Goyang-si	031-961-3751	
Gapyeong-gun Public Health Center	155-18, Gahwa-ro, Gapyeong-eup, Gapyeong-gun	031-582-2488	
Gwacheon Health Center	69, Gwanmun-ro, Gwacheon-si	02-502-8639	
Gwangmyeong-si Public Health Center	613, Ori-ro, Gwangmyeong-si	02-2680-2862	
Gwangju-si Health Center	194, Pabal-ro, Gwangju-si	031-761-2400	
Guri City's Public Health Center	84, Geonwon-daero 34beon-gil, Guri-si	031-550-2552	
Gunpo-si Public Health Center	221, Gunpo-ro, Gunpo-si	031-461-5464-5	
Gimposi Public Health Center	1, Saujung-ro, Gimpo-si	031-980-5008	
Namyangju-si Public Health Center	1037, Gyeongchun-ro, Namyangju-si	031-590-4465	
Dongducheonsi Public Health Center	167, Jungang-ro, Dongducheon-si	031-860-2551	
Bucheon-si Sosagu Public Health Center	73, Gyeonginmyeol-ro, Sosa-gu, Bucheon-si	032-320-2556	
Bucheon-si Ojeonggu Public Health Center	172, Seongo-ro, Ojeong-gu, Bucheon-si	032-320-2561-3	
Bucheon-si Wonmi-gu Public Health Center	16, Oksan-ro 10beon-gil, Wonmi-gu, Bucheon-si	032-320-2554	
Seongnam-si Sujeonggu Public Health Center	526, Huimang-ro, Sujeong-gu, Seongnam-si	031-743-4000	
Seongnam-si Joongweon-gu Community Health Center	137, Geumsang-ro, Jungwon-gu, Seongnam-si	031-729-3930	
Seongnam-si Bundang-Gu Health Center	306, Yanghyeon-ro, Bundang-gu, Seongnam-si	031-729-3990	
Suwon-si Gwonseon-gu Health Center	22-50, Homaesil-ro, Gwonseon-gu, Suwon-si	031-228-3561	
Suwon-si Paldal-gu Health Center	6, Paldalsan-ro, Paldal-gu, Suwon-si	031-228-2565	
Suwon-si Yeongtong Public Health Center	111, Maeyong-ro 345beon-gil, Yeongtong-gu, Suwon-si	031-728-8716	
Suwon-si Jangan-gu Health Center	101, Songwon-ro, Jangan-gu, Suwon-si	031-228-2551	
Siheung-si Public Health Center	55, Hohyeon-ro, Siheung-si, Gyeonggi-do	031-310-2551	
Ansan Danwon Health Center	387, Hwarang-ro, Danwon-gu, Ansan-si	031-481-3496	
Ansan Sangnoksus Health Center	5, Chadolbaegi-ro 1-gil, Sangrok-gu, Ansan-si	031-481-5551	
Anseong-si Health Center	18, Gangbyeon-ro 74beon-gil, Anseong-si	031-678-2550	
Anyang-si Dongangu Public Health Center	253-41, Pyeongchon-daero, Dongan-gu, Anyang-si	031-389-4472-5	
Anyang-si Manangu Public Health Center	48, Munye-ro, Manan-gu, Anyang-si	031-389-3472	
Yangju-si Health Center	1533, Buheung-ro, Yangju-si	031-820-2701	
Yangpyeong Public Health Center	17, Mayusan-ro, Yanggeun-ri, Yangpyeong-eup, Yangpyeong-gun	031-772-4000	
Yeuju Community Health Center	14, Yecheung-ro 160beon-gil, Yeuju-si	031-885-3009	
Yeoncheon-gun Health Center	95, Eunseongdae-ro, Jeongok-eup, Yeoncheon-gun	031-839-2556	
Osan-si Health Center	59, Gyeonggidong-ro, Osan-si	031-370-3114	
Yongin-si Giheung-gu Health Center	11, Singal-ro 58beon-gil, Giheung-gu, Yongin-si	031-324-6911	
Yongin-si Sujigu Health Center	51-11, Suji-ro 296beon-gil, Suji-gu, Yongin-si	031-324-8911	
Yongin-si Choingu Health Center	1199, Jungbu-daero, Cheoin-gu, Yongin-si	031-324-4911	
Uiwang Public Health Center	34, Obong-ro, Uiwang-si	031-345-2553	
Uijeongbusi Public Health Center	131, Beomgol-ro, Uijeongbu-si	031-872-1750	
Icheon-si Public Health Center	13, Jeungsi-ro 153beon-gil, Icheon-si	031-635-2400	
Paju-si Health Center	13, Hugok-ro, Paju-si	031-940-4886	
Pyeongtaek Health Clinic	56, Pyeongtaek 5-ro, Pyeongtaek-si	031-8024-4301	
Sogtan Health Clinic	345-1, Tanhyeon-ro, Pyeongtaek-si	031-8024-7221	
Pocheon-si Public Health Center	1612, Pocheon-ro, Pocheon-si	031-538-2551	
Hanamsi Public Health Center	10, Daechong-ro, Hanam-si	031-790-6551	
Hwaseong-si Public Health Center	1055 3.1manse-ro Hyangnam-eup Hwaseong-si	031-353-7504	

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Location



Siheungsi Public Health Center
Jeongwang Health Center Branch | 19, Jeongwang-daero 233 Beon-gil (Jeongwang-dong),
Siheung-si, Gyeonggi-do ☎ 031)310-5932

Public Transportation



- 5-minute walk after getting off from Jeongwang Welfare Center station from Route No. 1
- 5-minute walk after getting off from Siheung Fire Station from Route No. 62 and 25
- 10-minute walk after getting off from Sihwa E-Mart from Route No. 22, 55, 125, and 25



- 10-minute walk after getting off from Jeongwang Station, Line No. 4