

Protect Your New Workers from HEAT STRESS

DEVELOP AN ACCLIMATIZATION PLAN

Acclimatization is the result of beneficial physical adaptations (e.g., increased sweating efficiency and increased blood volume) that occur after gradual increased exposure to a hot environment. The benefit of acclimatized workers is their ability to tolerate working in the heat for longer hours and at greater intensities, and are less likely to experience heat related illnesses than unacclimatized workers.

Tip 1

Gradually increase the time spent in hot environmental conditions over a 7-14 day period

Tip 2

For new workers, the schedule should be no more than 20% exposure to heat on day one and an increase of no more than 20% exposure on each additional day

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
20% EXPOSURE	40% EXPOSURE	60% EXPOSURE	80% EXPOSURE	100% EXPOSURE

Tip 3

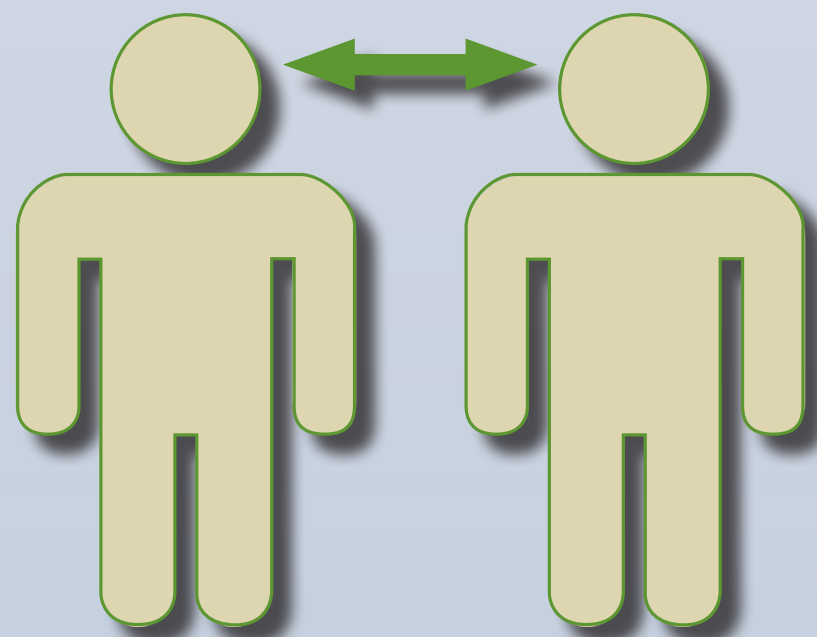
For experienced workers, the acclimatization schedule should be:

DAY 1	DAY 2	DAY 3	DAY 4
50% EXPOSURE	60% EXPOSURE	80% EXPOSURE	100% EXPOSURE

SET UP A BUDDY SYSTEM

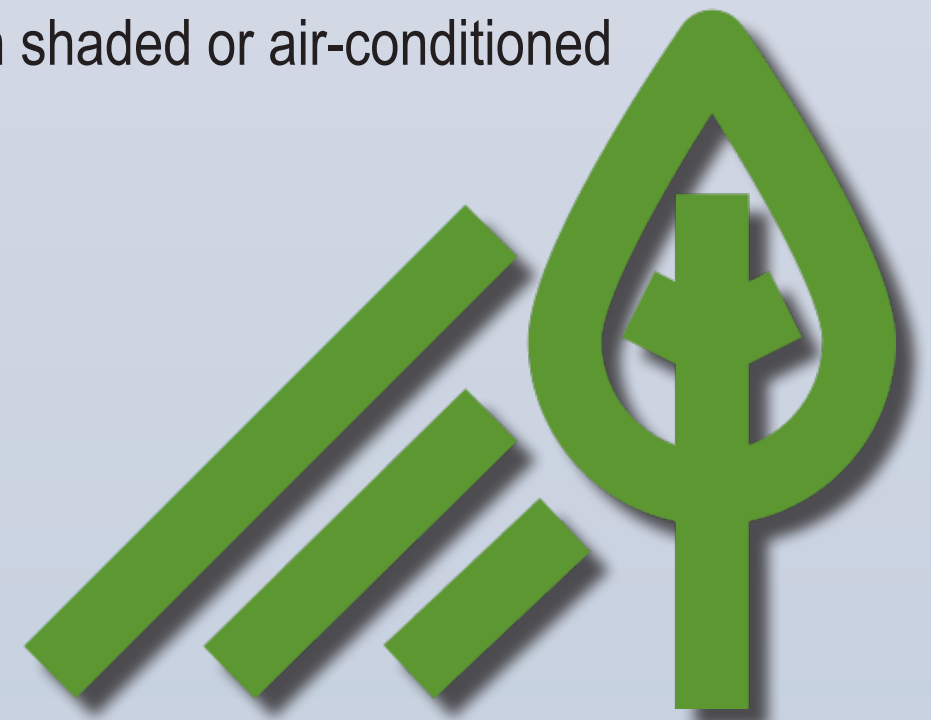
Check your buddy routinely to make sure...

- ✓ They made use of readily available water and shade
- ✓ They don't have symptoms related to heat illness



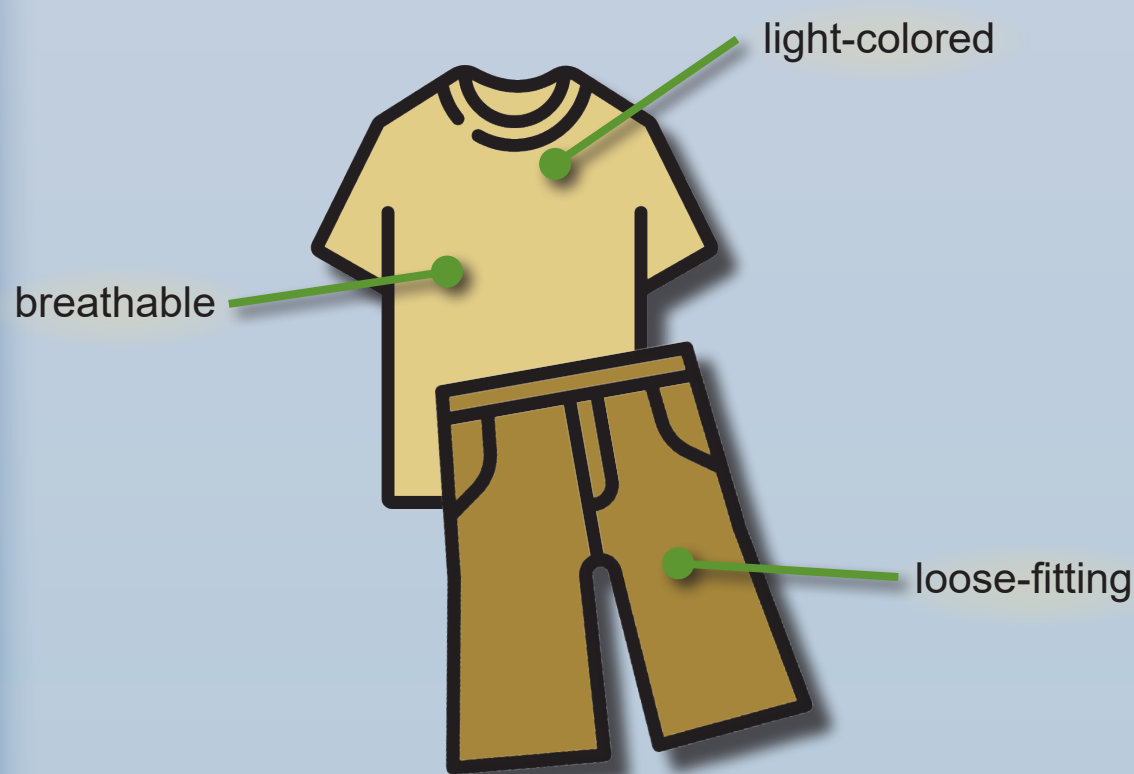
Schedule and encourage frequent rest breaks...

...with water breaks in shaded or air-conditioned recovery areas



EMPHASIZE THE NEED FOR APPROPRIATE CLOTHING

Encourage workers to wear clothing when possible that is...



Clothing can be soaked in water to aid cooling

Be aware that **protective clothing and equipment** may increase the risk of heat stress

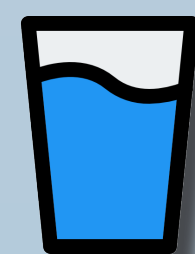


Encourage workers to drink plenty of fluids...

...such as drinking small amounts of water before becoming thirsty



During activity in moderately hot conditions, workers should drink water about...



**1 CUP EVERY
15 TO 20 MINUTES.**