

PROTECT YOUR WORKERS FROM

HEAT STRESS

Develop an acclimatization plan

Acclimatization is the result of beneficial physiological adaptations (e.g., increased sweating efficiency and stabilization of the circulation) that occur after gradual increased exposure to a hot environment.

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 1 and an increase of no more than 20% exposure on each additional day.

TIP 3

For workers who have had previous experience with the job, the acclimatization schedule should be no more than:

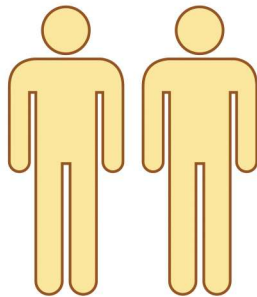
| DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|-----------------|-----------------|-----------------|------------------|
| 50% EXPOSURE | 60% EXPOSURE | 80% EXPOSURE | 100% EXPOSURE |



Set up a buddy system

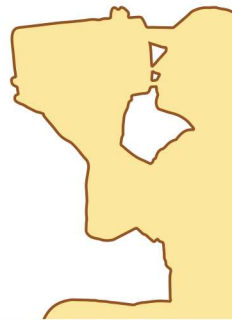
Check your workers routinely to make sure...

- they make use of readily available water and shade.
- they don't have heat-related symptoms.



Schedule and encourage frequent rest breaks...

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



Emphasize the need for appropriate clothing