

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:

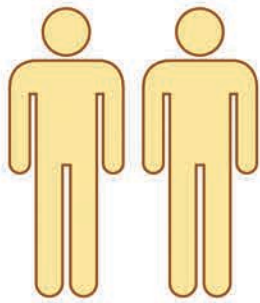
DAY 1	DAY 2	DAY 3	DAY 4
50% EXPOSURE	60% EXPOSURE	80% EXPOSURE	100% EXPOSURE



## 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

Encourage workers to wear clothing that is...

Cotton clothing can be soaked in water to aid cooling.



- light-colored
- breathable
- loose-fitting



Be aware that protective clothing or **personal protective 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 moderate activity in moderately hot conditions, workers should drink about...



1 cup every 15 to 20 minutes.



Learn more about heat stress at: [www.cdc.gov/niosh/topics/heatstress](http://www.cdc.gov/niosh/topics/heatstress)