



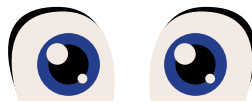
# HEAT ACCLIMATION PLANS

Essential Items to Include



### Hazards

Include an introduction about the hazards posed by heat stress and why acclimatization is needed.



### Warning Signs

Warning signs of heat-related illnesses (heat syncope, heat cramps, heat exhaustion, heat stroke).



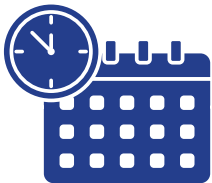
### PPE

Include info about dressing for hot environments (light colors, loose-fitting clothes and lightweight materials) if you don't have chemical or fire-resistant PPE requirements.



### Breaks and Protection

- Explain how you provide adequate **break time** for employees to rehydrate and recover from strenuous tasks.
- Define that **rest periods** do not mean a complete stop of work, but rather a reduction in workload or capacity.
- Explain **protections** for employees (i.e., how water is provided and accessible, how you encourage employees to drink water every 15 minutes (or 8 oz every hour), working in shaded areas, if possible, reduce workload or duration of tasks on extremely hot days).
- Encourage using a buddy system for employees to **recognize signs** of heat stress in each other.



### Acclimatization Strategy

Outline a schedule for new employees (who have no history of working in hot conditions) and returning employees or new employees coming from similar workplaces.

- For brand new employees, increase heat exposure by 20% each day – no more than 20% exposure on day 1 and increase by 20% each of the additional days within first 2 weeks of work. Rotate physically demanding tasks or high heat exposure with less demanding tasks, working in cooler areas or in shade, or with light-duty activities while building tolerance.
- For previously acclimated employees, no more than 50% exposure on day 1, 60% day 2, 80% day 3, and 100% day 4

Returning employees can mean existing employees at the start of a warm season or employees who have been away from work for at least four days during the warm season.

## CONTACT US

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## TIPS

- Beware of "phantom days", especially in the spring. The flip-flopping temperatures and weather conditions we often experience in spring can make it difficult for employees to adjust to warming temperatures.
- Air conditioning does not affect acclimatization.