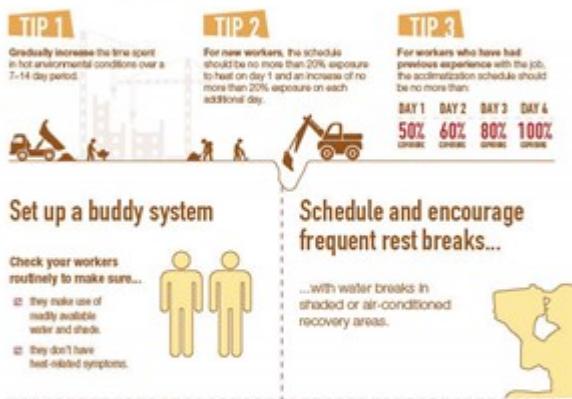


Heat Stress – Picture This – Spanish



Develop an acclimatization plan

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



Emphasize the need for appropriate clothing



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.