

# Heat Stress – Picture This – Spanish

## 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.



### Encourage workers to drink plenty of fluids...

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



1 cup every 15 to 20 minutes.

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