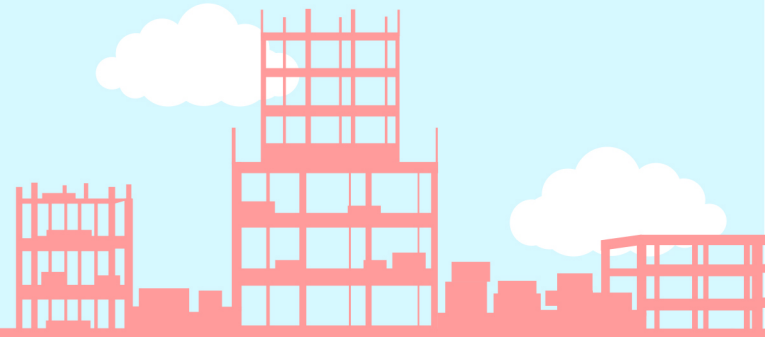


PREVENTING HEAT-RELATED DEATHS IN CONSTRUCTION: THE IMPORTANCE OF ACCLIMATIZATION

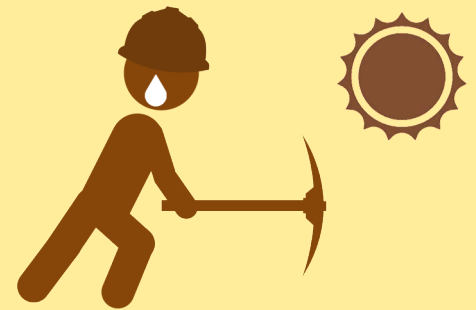


Acclimatization is how the body gets used to working in the heat through repeated exposure to a hot environment. During acclimatization, workers sweat more and sweat sooner, so it is important to drink more water while becoming acclimatized. Slowly increasing workload and duration builds physical capability and **reduces the risk of heat-related illness.**



Failure to acclimatize workers is the **number one factor** associated with heat-related deaths.¹ **Over 70%** of heat-related deaths occur during a worker's first week.²

Acclimatize workers that are new to the job, temporary, pregnant, or new to the region. Re-acclimatize workers returning after one week or more, and when working outdoors when weather is significantly warmer than on previous days.



Acclimatization is typically achieved by gradually increasing the amount of time spent working in the heat each day over a period of **7 to 14 days.**¹

**MAKE A PLAN FOR
ACCLIMATIZATION!**

learn more at: www.cpwr.com/heat

¹NIOSH MMWR: Heat Illness and Death Among Workers - U.S., 2012-2013. <https://www.researchgate.net/publication/264637037>

²OSHA. Protecting New Workers. <https://www.osha.gov/heat-exposure/protecting-new-workers>