



# SAFETY MONDAY

## ACCLIMATIZATION

Preparing the body for physical exertion and working in hot weather.

### EMPLOYER TIPS

To acclimatize workers, gradually increase their exposure time to physically demanding work, especially in hot environmental conditions. New and older workers will need more time to acclimatize than workers who have already had some exposure.

### ACCLIMATION SCHEDULE

- For new and older workers, their acclimatization exposure should be 20% capacity on day 1 and an increase slowly for the first 2 weeks.
- For workers who have had previous experience on the job, their acclimatization exposure should be no more than a 50% on day 1 and increase 10% each day to reach 100% capacity.

In addition, the level of acclimatization each worker reaches is relative to the initial level of physical fitness and the total heat stress experienced by the individual.

### EMPLOYER TIPS

#### *Maintaining Acclimatization*

Maintain acclimatization even when away from the job for a few days. If absent for a week or more, gradually re-acclimatize to the work environment.

- It can often be regained in 2 to 3 days upon returning to a hot job.
- It appears to be better maintained by those who are physically fit.
- Seasonal shifts in temperatures may result in difficulties.
- Working in hot, humid environments provides adaptive benefits which also apply in hot, dry environments, and vice versa.
- Air conditioning will not affect acclimatization.



(For more information about Acclimatization, go to: [www.cdc.gov/niosh/topics/heatstress](http://www.cdc.gov/niosh/topics/heatstress))



# VOLVO

**Construction Equipment**