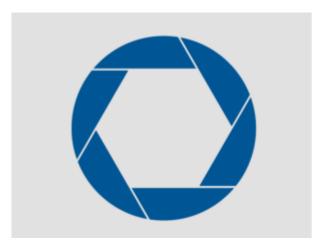
Heat Stress - Picture This





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.















Check your workers routinely to make sure...

they make use of medity available water and shade.







Schedule and encourage frequent rest breaks...

...with water breaks in shaded or air-conditioned recovery areas.



Emphasize the need for appropriate clothing



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.

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



1 cup every 15 to 20 minutes.