

ACCLIMATION PLAN

In order to achieve full heat acclimation, the individuals must be brief daily exposed to working in the heat



The minimum exposure time is at least 2 hours per day, which may be divided into 1-hour exposures. Some daily period of relief from heat exposure, in air-conditioned surroundings, is favorable for the comfort and health of the individuals



After daily exposure to the heat, most of the individuals execute their activities with higher sweat rate and reduced core temperature

National Institute of Occupational Safety and Health (NIOSH) recommended these specifications for acclimation plans for both acclimated and non-acclimated workers:

- For new non-acclimated workers, the schedule should not be more than 20% of the anticipated total workload and time exposure in the first day. It should continue by adding at most 20% exposure to heat daily to get 100% exposure on the last day.
- For workers who had the previous same experience work in the hot environment, acclimation plan should not be more than 50% on the first day, 60% on the second day, 80% on the third day and 100% on the fourth day.
- Required time for acclimation of the workers with physical fitness is about 50% less than workers that are not physically fit.

