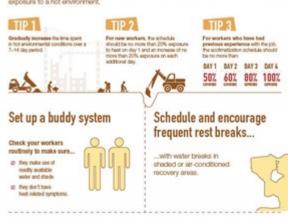
Heat Stress - Picture This





Develop an acclimatization plan

Acclimatization is the result of beneficial physiological adaptations (e.g., increased sweating efficiency and stabilization of the circulatori) that occur after gradual increased exposure to a hot environment.



Emphasize the need for appropriate clothing



Encourage workers to wear clothing that is...











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...

