

# ACCLIMATIZATION

## Make It Part of Your Heat-Related Illness Prevention Plan

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**Acclimatization** is the body's slow adjustment to working in the heat as someone is gradually exposed to hot conditions. Prevent heat-related illness (HRI) among outdoor workers and allow them to adjust to the increasing temperatures. **Benefits of acclimatization include:**

- Increased skin blood flow to help remove heat from body.
- Increased sweating efficiency to help remove heat from body.
- Less salt in sweat to prevent electrolyte imbalance.
- Can perform work with a lower core temperature and heart rate.
- Decreased cardiovascular strain.

## Time Needed to Adapt

Adaptation to the heat can take 7-14 days. Workers should be drinking water frequently and taking appropriate rest breaks throughout their shift.

### New Workers

For an eight-hour shift, new workers should have no more than 20% exposure (about 1.5 hours) on Day 1 in the heat. Exposure time should increase no more than 20% on each additional day.

### Experienced Workers

If workers have previous experience on the job, they should have no more than 50% exposure (up to four hours) on Day 1 in the heat for an eight-hour shift.



Scan the QR code to access information on the OSHA-NIOSH Heat Safety Tool App to help plan outdoor work activities based on how hot it feels throughout the day.

### Additional Resources on Acclimatization

[OSHA Heat Prevention, Protecting New Workers](#)  
[OSHA Heat Planning and Supervision](#)  
[NIOSH Acclimatization](#)  
[NIOSH Adjusting to Work in the Heat: Why Acclimatization Matters](#)