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.

**TIP 1**
Gradually increase the time spent in hot environmental conditions over a 7-14 day period.

**TIP 2**
For new workers, the schedule should be no more than 20% exposure to heat on day 1 and an increase of no more than 20% exposure on each additional day.

**TIP 3**
For workers who have had previous experience with the job, the acclimatization schedule should be no more than:

- **Day 1**: 50% exposure
- **Day 2**: 60% exposure
- **Day 3**: 80% exposure
- **Day 4**: 100% exposure