

Attachment A: Acclimatization Guidance

When ambient temperatures rise to levels higher than employees are accustomed, supervisors must act effectively by taking the following measures:

- Monitor the weather and be aware of sudden heat wave(s) or increases in temperatures to which employees haven't been exposed to for several weeks or longer.
- Cut short or re-schedule the work day during a heat wave or heat spike (e.g., a sudden increase in daytime temperature of 9°F or more). During the hot summer months, the work shift may start earlier in the day or later in the evening.
- Lessen the intensity of work for new employees during a two-week break-in period (i.e. scheduling slower paced, less physically demanding work during the hot parts of the day and the heaviest work activities during the cooler parts of the day). New employees may be assigned to a "buddy" or experienced coworker to watch each other closely for discomfort or symptoms of heat illness.
- Closely observe all employees during a heat wave and monitor for possible symptoms of heat illness. For employees working in remote locations, maintain frequent communication by phone or radio.
- Train employees and supervisors on the importance of acclimatization.