



WORKER HEAT ACCLIMATIZATION SCHEDULE

**DAY
1**

20% HEAT EXPOSURE (MAX)

New workers: 20% max exposure on 1st day of work.
Returning workers: 50% exposure on day 1.

**DAY
2**

40% HEAT EXPOSURE (MAX)

New workers: 40% max exposure on 2nd consecutive day.
Returning workers: 60% max exposure on day 2.

**DAY
3**

60% HEAT EXPOSURE (MAX)

New workers: 60% max exposure on 3rd consecutive day.
Returning workers: 80% max exposure on day 3.

**DAY
4**

80% HEAT EXPOSURE (MAX)

New workers: 80% max exposure on 4th consecutive day.
Returning workers: 100% max exposure on day 4.

**DAY
5**

100% HEAT EXPOSURE (MAX)

New workers: 100% max exposure on 5th consecutive day.