

# Acclimatisation

## Acclimatisation:

The ability that people possess to adjust to certain conditions after being exposed to these conditions for a period of time. For example – working in the Pilbara, people become used to experiencing 45° days on a regular basis, the body adapts to high temperatures!

## How does this affect me?

Acclimatisation is essential for people who travel to different climates or altitudes. Many of those who work in the Pilbara are accustomed to extremely hot temperatures and will be able to work well for a long time. However, when new employees start, or other employees come back from extended breaks, they will struggle because their body is not used to the temperatures.

Acclimatisation is a lot like physical fitness, it takes a while to get a strong base so people can feel the benefits. Sometimes, people will take up to 4 weeks to adjust to a new climate, each person is different in their ability to adapt.

For the Pilbara, most people will experience the following acclimatisation factors after being exposed to high temperatures for 2–3 weeks:

INITIALLY	AFTER ACCLIMATISATION
Increased sweating	Reduced heat discomfort
Increased hunger	Increased sweating effectiveness
Increased fatigue	Lower salt loss through sweat
Decreased concentration	Better recovery through sleep and rest

## How do I Acclimatise?

Data Source:

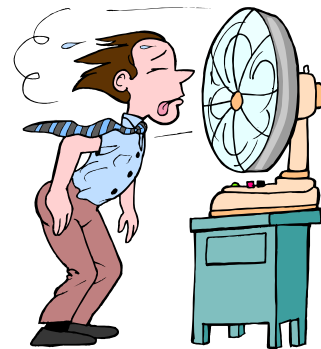
1. QLD Dept of Industry & Resources – Working in Heat
2. Outdoor Environments – La Trobe University Fact Sheet

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When beginning work in the heat, it is best not to push yourself too hard, too early. Otherwise, you are in danger of being exposed to a heat illness (see Heat Stress) and will do damage to your body.

So, when starting work or returning from a break, ensure you do the following:

- Take regular breaks in a cool environment
- Drink plenty of water (especially in remote areas)
- Make sure to eat properly and get a good night's sleep



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