



Course Syllabus – Heat Stress Awareness

Audience

Employees engaging in work that may raise the body's deep core temperature

Presentation Method

CBT – Computer Based Training

Training Duration

Student paced – Approximately 15 minutes

Course Summary

Training will inform employees of the hazards of heat stress, types of heat illnesses, and associated first-aid. This course will also cover heat stress prevention methods and employee/employer responsibilities.

Subject Matter

- ❖ Defining Heat Stress
- ❖ Causes of Heat Stress
- ❖ Hazards of Heat Stress
- ❖ Heat Illnesses, Symptoms, and First-Aid Procedures
- ❖ Awareness of First-aid Procedures for and the potential health effects of Heat Stroke
- ❖ Recognition of Pre-disposing and Environmental Factors
- ❖ Relation between Pregnancy and Heat Stress

Objectives

Upon completion of training, employees will be knowledgeable of:

1. The risk factors for heat stress
2. Preventative measures for reducing heat stress
3. Appropriate first-aid and response to heat illnesses
4. What to do in the event of heat stroke
5. The roles and responsibilities of the employee and the company

Measurement Device

Test – 20 questions, 70% to pass