

HEAT STRESS TRAINING SYLLABUS

Description: 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.

Course start time: 7:30am – 4:00pm CBT Lab hours

Course Length: Approximately 10-25 minutes including test. (Course is 9 minutes in length)

Presentation Method: CBT – Computer Based Training

Audience: Any employee working in environment that may raise core temperatures to hazardous levels.

Subjects covered (topics):

Audience	Objectives	What is heat stress?
Types of heat illness	Heat rash	Heat cramps
Heat Exhaustion	Heat stroke	Reporting/treatment
Cooling methods	Temperature regulation	Factors to consider
Fluid/Medical recommendations	Pregnancy and Heat stress	Test

Objectives: Upon completion of the course, trainees will have a general awareness knowledge of the following:

1. Risk factors for heat stress
2. Preventative measures for reducing heat stress
3. Appropriate first aid and response
4. Roles and responsibilities of the employee and the company

Test Information: Test consist of 20 questions and will require 70% or higher to pass the course.