

Heat and Cold Stress

Course Description

We'll start by looking at the relevant OSHA regulations, along with risk groups and statistics to illustrate the dangers.

You'll learn about the symptoms of heat stress, cramps, exhaustion and strokes - plus prevention strategies, recovery techniques and how to call for expert help.

Other factors covered include the body's cooling mechanisms, environmental conditions, clothing, metabolic heat and the use of cooling towels.

In hot conditions, acclimatization is vital, and we'll examine related issues such as – threshold limit values, action limits, hydration, training, and engineering and administrative controls.

There's also lots of practical tips for both employers and employees.

We'll also look at Heat-related Illness Prevention Programs and the use of wet bulb globe temperature meters and heat indices.

Turning to cold stress, we'll cover frostbite and hypothermia - and the full range of symptoms and treatments.

You'll learn how the body loses heat and how it handles cold, including somatic and autonomic responses, shivering and reducing blood flow.

We'll discuss how to prevent cold stress, and use wind chill temperature indices and convection rates to assess situations.

Finally, we'll look at hypothermia in water and cold water survival.

Learning Objectives

By the end of this course, you will be able to:

- Understand the danger of temperature extremes.
- Recognize and implement OSHA regulations.
- Identify the signs and symptoms of temperature extremes in the body and their effects on the body.
- Apply a Heat Related Illness Prevention Program.
- Identify Cold Water Survival Techniques.

Target Audience

This course is aimed at people that might find themselves working in extreme temperatures either due to working outside throughout the year or working in environments like freezers or foundries.

Advantages

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

Modules

Course	Module Number	Module Name	Pass % Required
Heat and Cold Stress	1	Introduction	70
Heat and Cold Stress	2	Heat Exhaustion and Heat Stroke	70
Heat and Cold Stress	3	Statistics and Case Studies	70
Heat and Cold Stress	4	Factors Affecting the Body's Cooling System	70
Heat and Cold Stress	5	Acclimatization and Practical Tips	70
Heat and Cold Stress	6	Heat Monitoring	70
Heat and Cold Stress	7	Cold Stress and Hypothermia	70
Heat and Cold Stress	8	Symptoms and Treatment of Frostbite	70
Heat and Cold Stress	9	Preventing Cold Stress	70

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

Duration: 80 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)