

Heat Illness Prevention

Estimated time to complete: 15 minutes

Course Description

SafeColleges Heat Illness Prevention course is a concise tutorial designed for campus employees who work outdoors in the heat and are consequently at risk of experiencing heat illness. The course emphasizes precautions that workers can take to minimize heat stress, including acclimatizing, staying properly hydrated, and wearing the appropriate personal protective equipment. The instruction also details the various types and symptoms of heat illness, including the life-threatening condition of heat stroke. Although heat illness is less likely for indoor workers, the course also identifies areas of risk for workers experience heat exposure indoors.

Common Themes

- Contributing factors of heat illness prevention.
- The symptoms and effects of heat illness.
- How to treat heat illness on the job.
- How to minimize the risks of heat illness on the job.
- How to recognize and treat the more dangerous outcome of heat overexposure: heat stroke.
- Practical suggestions for protecting your skin against the sun.
- When to consider calling for emergency medical treatment when a co-worker experiences heat-related illness.

Training Environments

SafeColleges is ideal for a blended learning environment, complementing in-service or video training, or as a stand-alone training course. The *SafeColleges* approach engages the learner in an e-learning environment; while a Compliance Management System automatically tracks his/her progress through the courses. This assists the campus administrator or training coordinator in demonstrating compliance.

For a free evaluation, email info@safecolleges.com or call 1.800.434.0154.