

Heat Stress

Introduction

The "Heat Stress" training course was developed by a team of professionals who wanted to improve efficiency measures and respect for occupational health and safety standards. This 60-minute training course can be taken at any time.

Description

As part of a task to be performed internally or externally, some factors, such as industrial processes or the climate conditions, may expose workers to intense cold or heat. These extreme temperatures can have serious effects on the health of human beings. Heatstrokes or chilblains are just some of the examples of the risks associated with these specific situations. It is therefore essential to be able to identify these risks and to know the preventive methods in order to prevent workers from being exposed to this situation.

Target Population

The training course is primarily intended for regular and casual workers who want to carry out work in very hot or very cold ambient air conditions. Whether you work in the construction or agriculture field, or you are simply interested in acquiring new skills, this training is for you.

Prerequisites

There is no prerequisite for this training course. No other training or experience is required to take this training.

Targeted Learning and Targets of Learning Modules

Module 1	Introduction
Module 2	Working in Heat
	<ul style="list-style-type: none">› Acclimatization to heat› Working in heat situations› Health problems and first aid
Module 3	Assessment of the Heat Level
	<ul style="list-style-type: none">› WBGT device› Risk level assessment for heatstroke
Module 4	Heat Prevention
	<ul style="list-style-type: none">› Worker-related preventive measures› Employer-related preventive measures
Module 5	Cold Work
	<ul style="list-style-type: none">› Cold work situations› Acclimatization to cold

Module 6	Cold Prevention
	<ul style="list-style-type: none">› Risk factors› Preventive measures
Module 7	Conclusion

Evaluation Method of Learning

The development of the targeted competencies will be evaluated so as to ensure full understanding after each of the modules. To proceed to the next module, it is necessary to correctly answer all the questions of the module in progress. In the event of failure, you will have to take this module again. A series of questions in the form of true or false or multiple choice will be asked throughout the different modules. The success threshold is 100%.



Note on integrity, plagiarism and fraud

Given the seriousness of the approach and given the importance of the knowledge gained through this training course, the team of OHStraining Inc. invites you to respect the integrity of the training and its questionnaires and suggests you to answer to the best of your knowledge, that is, without help and without plagiarism.

Teaching and Learning Method

This training course was created based on the skills training approach. This notion promotes not only the acquisition of knowledge, but also the integration of knowledge in practice. The learning method for this course is online training and focuses on interactivity, dynamism and self-learning. The training will be done at the pace of the learner and according to his/her availability.