

# Heat stress

⌚ Duration : 60min

FRENCH

ENGLISH

SPANISH

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.

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 audience

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

## ☰ Teaching and evaluation methods

The learning method for this online training is based on interactivity, dynamism and self-learning. The training will be done at the pace of the learner and according to his/her availability. Your understanding and skills will be evaluated at the end of each module.

You'll need to correctly answer all the questions in the current module, which will be presented in « true or false » or « multiple choice » questions to continue your progress. If you fail, you'll have to repeat the module.



## 🔑 Legal notice

There are no legal notice associated with this training. No other training or experience is required.

## ⚖️ Intellectual integrity

Given the seriousness of the approach and the importance of the knowledge acquired through this training, the team of OHStraining invites you to respect the integrity of the training and its questionnaires.

We suggests you answer to the best of your knowledge, that is, without help and without plagiarism.

# Targeted learning


## Heat stress

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



# Targeted learning

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Module 6	Cold prevention	
	<ul style="list-style-type: none"><li>– Risk factors</li><li>– Preventive measures</li></ul>	
Module 7	Conclusion	