

COURSE TITLE

Water Industry Working in Extreme Temperatures

COURSE DURATION

1 hour

OVERVIEW

The body's ability to regulate temperature, an important physiological function, can be impaired under temperature extremes and result in heat or cold related illnesses. As a result, exposure to an excess of heat or cold can cause a medical emergency. Because employees may work under conditions of hot or cold temperature extremes, they must understand the nature of heat and cold stress-related disorders and the keys to the effective management of these types of emergencies: knowing the necessary measures to prevent these problems and being able to identify and respond to these situations if they do occur.

PREREQUISITES

No prior knowledge is required.

BEHAVIORAL OBJECTIVES

After successfully completing this course, you will be able to:

- Recognize potential heat and cold stress environments and situations.
- Identify the symptoms of heat- and cold-related illness.
- Take appropriate action to minimize the effects of heat and cold stress.
- Care for a person experiencing the symptoms of heat or cold stress.
- Understand the importance of acclimatization in the prevention of heat stress.

COURSE OUTLINE

Chapter	Minutes
Introduction	2
Temperature Regulation	7
Exposure to Cold	4
Hypothermia	10
Frostbite	10
To Prevent/Reduce Cold Stress	6
Heat Illness	7
Heat Rash and Sunburn	5
Measures to Reduce/Prevent Heat Stress	6
Heat Acclimatization	2
Summary	1

Course Total	60
---------------------	-----------

AVAILABILITY

This course is offered online and is available 24 hours a day, 7 days a week, 365 days a year.

TRAINING METHODOLOGY & EVALUATION

This course is self-paced online training. Review exercises and case studies reinforce the content, and students are evaluated with a multiple-choice exam. Upon completion, students are prompted to submit a course evaluation.

REFERENCES

OSHA 29 CFR 1910