



Course Title: Working in Extreme Weather Safely & Wildfire Smoke Exposure/OR-OSHA Required Classes

Course Duration: 2.0 Hours

Course Description: Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness.

Workers who are exposed to extreme cold or work in cold environments may be at risk of cold stress. Extreme cold weather is a dangerous situation that can lead to health emergencies in susceptible people, such as those without shelter, outdoor workers, and those who work in an area that is poorly insulated or without heat.

Oregon OSHA recently published two new rules to protect workers from the effects of excessive exposure to heat and wildfire smoke. The class is required for any employees that work outside for a period of time more than 15 minutes. This class covers 9 out of the 10 requirements.

We will be covering:

- Body's way of regulating temperatures
- Cold weather exposure
- Hot weather exposure
- Cold & Heat Illness recognition and treatments
- Acclimation to each extreme
- Wildfire Smoke Exposure (OR-OSHA approved)

Time Schedule: 2 hours

Introduction/Professional Background	5 minutes
Body Temperature Regulation	5 minutes
Acclimation to Cold Extremes	5 minutes
Cold Weather Injuries	20 minutes
Cold Weather Injury Prevention	10 minutes
Acclimation to Hot Extremes	5 minutes
Heat Illnesses	20 minutes
Questions/Summary/Closing	5 minutes
Wildfire Smoke Exposure Plan	40 minutes
Questions/Summary/Closing	5 minutes

Training Methodology & Evaluation: This course is an in-person class. The students will gain knowledge on how to prevent Heat Illness & Cold Weather Injuries. They will also be covered by OR-OSHA Rules OAR 437-002-1081 & 437-004-9791. They will receive a roster stating that they had the training for their own files.

Instructor Bio/Credentials: The course will be given by the City Safety Manager/Regulatory Specialist, Brian Warren. Brian is currently the Lead Chair of the City of Pendleton Safety Committee, on the LEPC Board for Umatilla & Morrow counties. Brian is a veteran with an extensive medical training background and is certified to teach First-Aid, CPR, AED & Basic Life Support to providers through the American Heart Association. Brian has worked in extreme temperatures throughout the world on 6 continents while serving in the US Army.