

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.

This training course has 10 learning modules with a ten-question exam

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

- Environmental Emergencies
- Temperature Regulation
- Exposure to Cold
- Hypothermia
- Frostbite
- To Prevent/Reduce Cold Stress
- Heat Illness
- Heat Rash and Sunburn
- To Prevent/Reduce Heat Stress
- Heat Acclimatization
- Summary

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