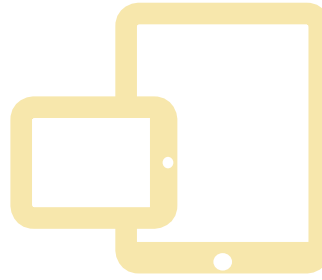


CIRMA E-Learning Center

Dealing With Cold Stress Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

Course Description

For those who make their living working outside, disregarding cold weather conditions can have drastic consequences. It's important to be smart, be prepared and always be on the lookout for signs of cold stress.

This course will help employees understand the risks inherent in working in cold weather, identify methods for protecting themselves from the dangerous effects of cold weather and most importantly, recognize the warning signs of hypothermia and frostbite.

Time: Approximately 30 minutes [Preview the Dealing With Cold Stress online training program here.](#)

Learning Objectives:

- Understand the risks inherent in working in cold weather.
- Identify methods for protecting yourself from the dangerous effects of cold weather.
- Recognize the warning signs of hypothermia and frostbite.

Key Topics Include:

- What is Cold Stress?
- The Risks Can Be Deceptive
- What is Wind Chill?
- What is Hypothermia?
- Death Due to Hypothermia
- Hypothermia Risk Factors and Treatment
- Frostbite Risk Factors and Treatment
- Trench Foot
- Preventing Cold Stress
- Dress for Success
- Best Work Practices
- Adapting the Work Environment

To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —

www.CIRMATraining.org

To register for this course, please contact your organization's E-Learning Administrator.

