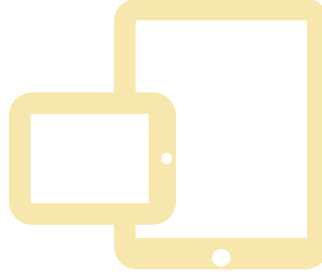
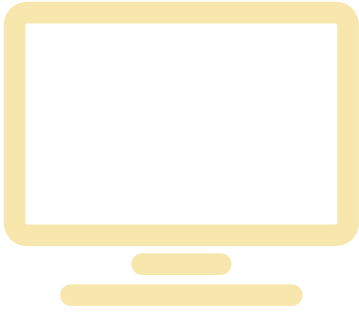


CIRMA E-Learning Center

Dealing With Heat Stress Online Training



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

Course Description

"Is it hot enough for you?" is a phrase that is tossed about often during the dog days of summer as part of many casual conversations. When it comes to people who have to work in environments of extreme heat, however, it is not a casual subject. It can easily become a life or death matter if appropriate measures are not taken to minimize the effects of heat stress.

This course will help employees understand the health risks associated with heat stress, identify methods for minimizing the effects of heat, and finally recognize the symptoms of heat stroke and heat exhaustion in themselves and others.

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

Learning Objectives:

- Understand the health risks associated with heat stress.
- Identify methods for minimizing the effects of heat.
- Recognize the symptoms of heat stroke and heat exhaustion in yourself and others.

Key Topics Include:

- Environmental Factors
- Physical Factors
- How the Body Reacts
- Levels of Severity: Heat Stroke
- Levels of Severity: Heat Exhaustion
- Levels of Severity: Heat Collapse
- Error On the Side of Caution
- Other Heat-Related Conditions - Heat Cramps
- Heat Rash
- Heat Fatigue
- Engineering Controls for Managing Heat Stress
- Air Treatment
- Fans
- Heat Conduction Blocking
- Acclimatization
- Fluid Replacement

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.

