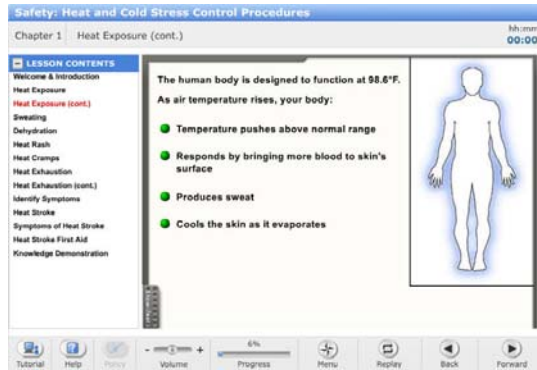


Safety: Heat and Cold Stress Control Procedures

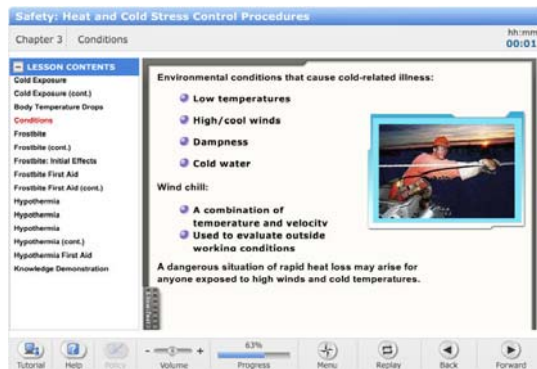
This course has been developed in accordance with the OSHA regulations regarding personnel exposed to temperature extremes. During this session students will learn how to identify illnesses resulting from temperature exposure, specify first aid measures, specify steps to avoid illness, and how to identify factors that affect the body's ability to withstand temperature extremes.



Objectives:

- Identify heat-related illnesses that can result from exposure to hot temperatures
- Specify first-aid measures for heat-related illness
- Identify individual factors that affect the body's ability to withstand hot temperatures
- Specify steps to avoid or reduce heat-related illness
- Specify conditions and injuries that can result from exposure to cold temperatures
- Specify first aid measures for frostbite and hypothermia
- Identify individual factors that affect the body's ability to withstand cold temperatures
- Recognize measures for preventing injuries related to cold temperature exposure

Audience: Personnel who may be exposed to temperature extremes



Primary Regulations: OSHA 29 CFR 1910.120

Related Regulations: OSHA 29 CFR 1926; OSHA 29 CFR 1910.134.e.5.i.E; OSHA 29 CFR 1918 App V (Basic Elements of a First Aid Training Program (non-mandatory))

Duration: 45-60 minutes

