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Environment, Health, & Safety  
Training Program

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**EHS 0075 ~ Heat Stress Prevention**

**Course Syllabus**

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|--------------------------|-------------|-----------------------------|----|
| <b>Subject Category:</b> | Heat Stress | <b>Course Prerequisite:</b> | No |
| <b>Course Length:</b>    | 1 hour      | <b>Medical Approval:</b>    | No |
| <b>Delivery Mode:</b>    | Online      |                             |    |
| <b>Schedule:</b>         | N/A         |                             |    |
| <b>Location/Time:</b>    | N/A         |                             |    |

**Course Purpose:** This course is designed to create awareness and understanding of what heat stress is and what causes it, and how to identify, prevent, and treat heat illness at work. It will also list guidelines for supervisors to follow for preventing heat illness.

**Course Objectives:** After this course, you will be able to:

- Describe what heat stress is and how it occurs
- List the symptoms of heat illness
- Identify risk factors of heat illness
- Explain procedures for addressing heat illness if it occurs
- Describe the methods for preventing heat illness
- List the regulatory requirements for heat stress prevention

**Course Instructional Materials:**

- Online course
- Links to Heat Stress resources

**Training Compliance Requirements:** This course meets requirements for CalOSHA Title 8 regulation §3395 - Heat Illness Prevention. (*Subchapter 7. General Industry Safety Orders Group 2. Safe Practices and Personal Protection Article 10. Personal Safety Devices and Safeguards*).

**Participant Evaluation:** Online survey

**Written Exam:** N/A. (Completion is earned by viewing each slide).

**Practical Exam:** No

**Retraining/Recertification:** No

**WEB Resource:** See Cal/OSHA web page @ <http://www.dir.ca.gov/title8/3395.html>