

Training

A good heat stress training program should include at least the following components:

- Workers and Supervisors (monitor weather)
- Recognizing symptoms of illness
- Proper hydration
- Care and use of PPE and equipment
- Effects of drugs, alcohol, and obesity on heat tolerance
- Importance of acclimatization
- Reporting symptoms
- Giving or receiving first aid

**WATER.
REST.
SHADE.**

The work can't get done without them.

A Guide for Employers
to Carry Out Heat
Safety Training for
Workers

U.S. Department of Labor

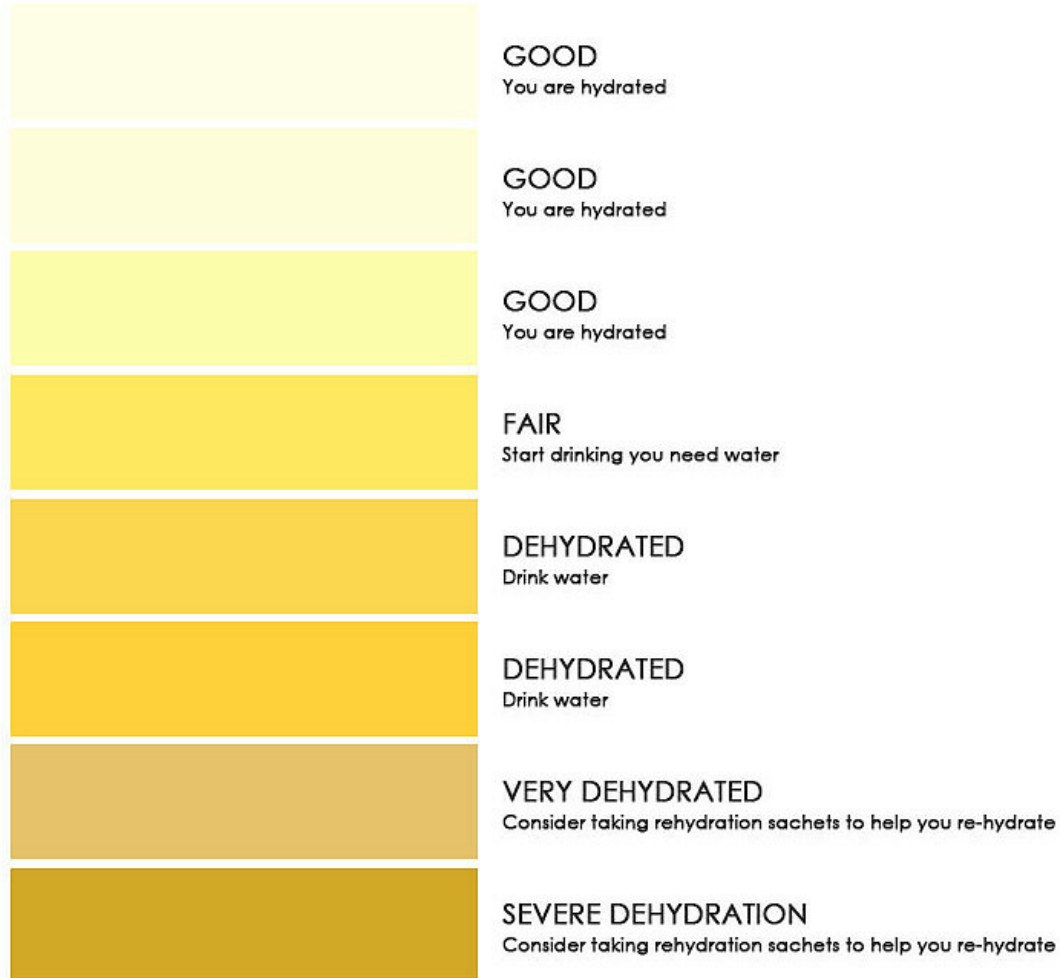
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Heat Illness Prevention Training Guide:
A Lesson Plan for Employers

Training

Hydration



Choose:

- Water
- Sports drinks (maybe)



Avoid:

- Energy drinks
- Alcohol (after work...)
- Salt tablets



*Gunawan, Alexander & Brandon, David & Puspa, Velinda & Wiweko, Budi. (2018). Development of Urine Hydration System Based on Urine Color and Support Vector Machine. Procedia Computer Science. 135. 481-489. 10.1016/j.procs.2018.08.200.