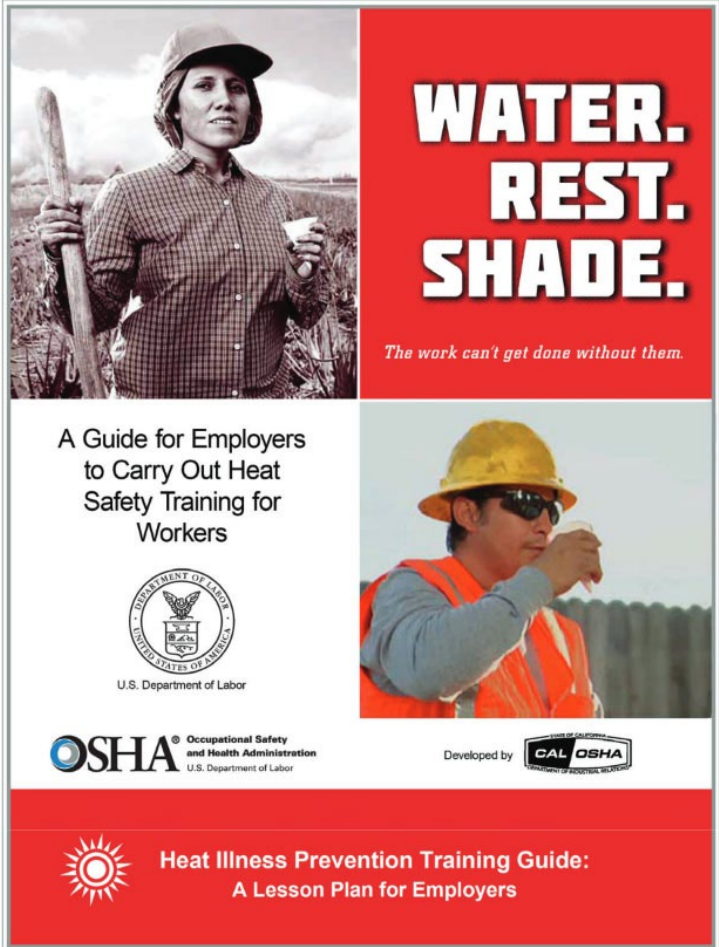


Training

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

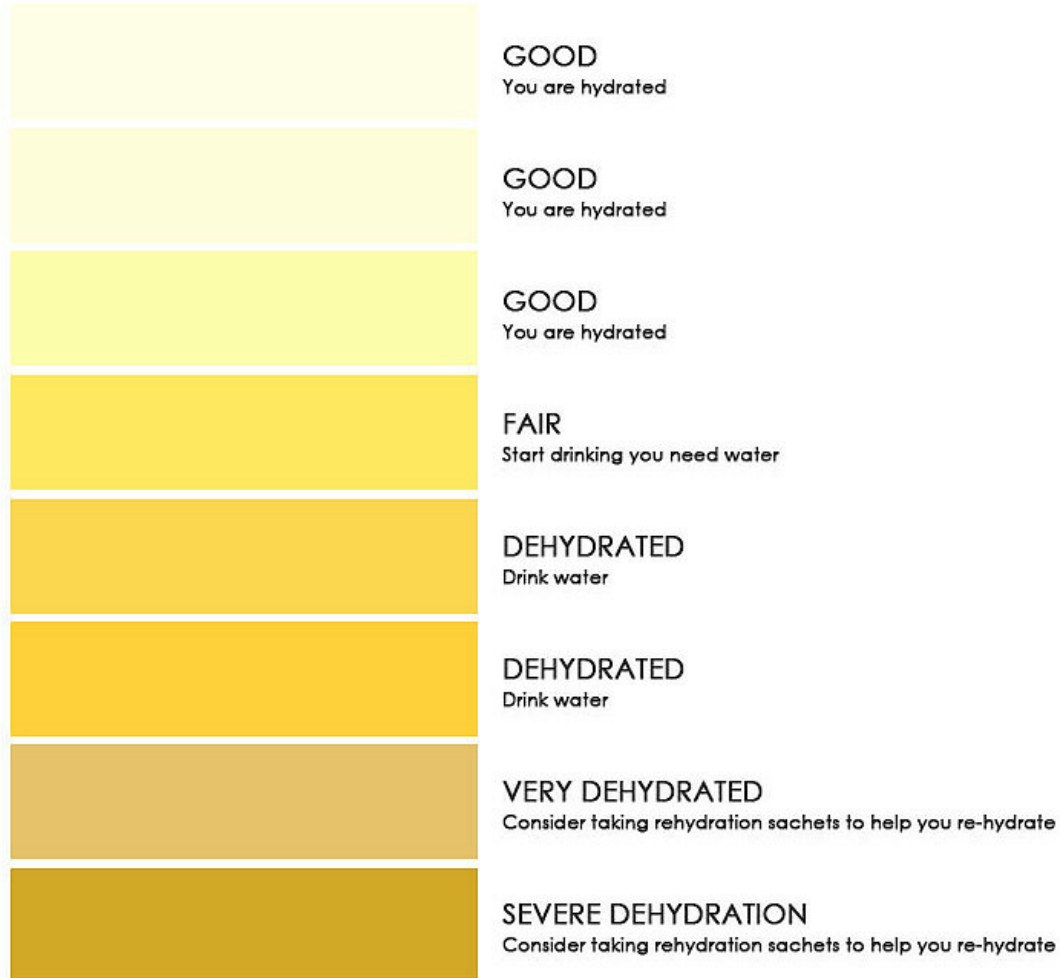
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Developed by CAL OSHA

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

