

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

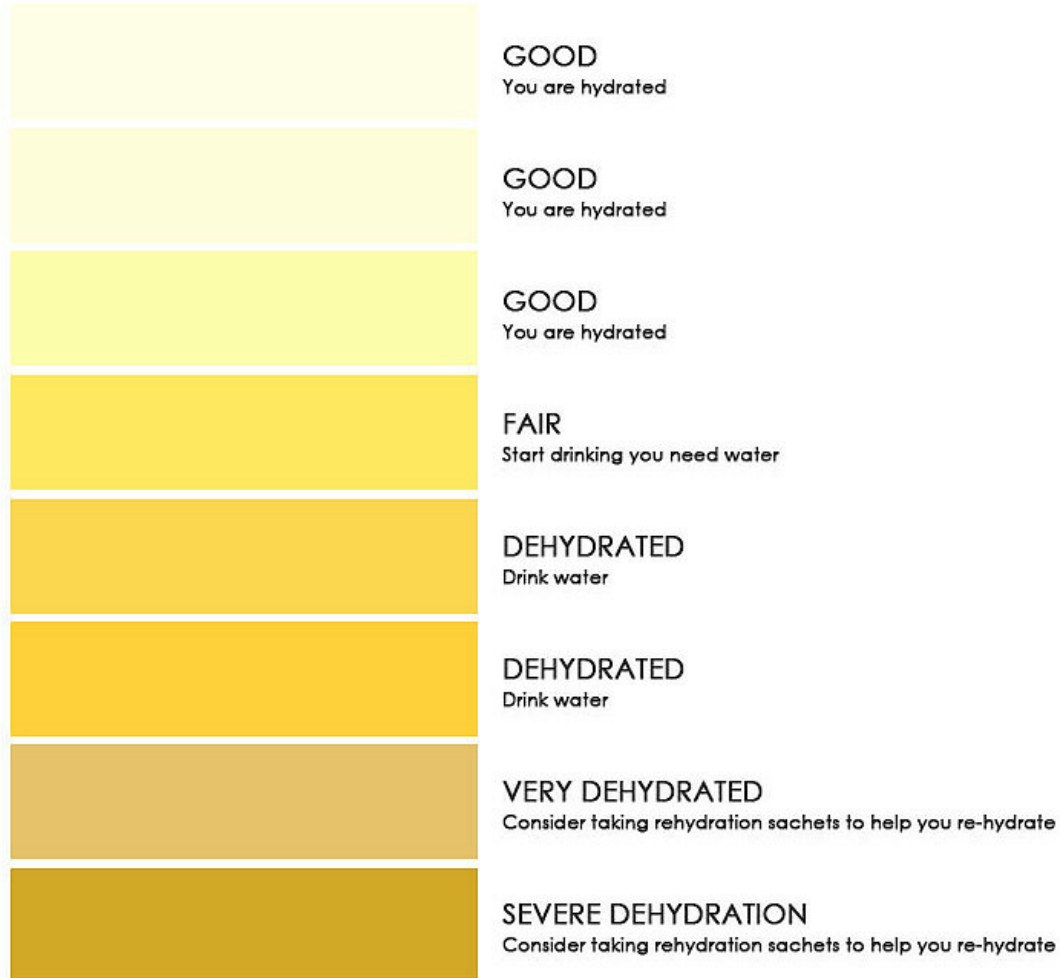
OSHA[®] Occupational Safety
and Health Administration
U.S. Department of Labor

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



Heat Stress Controls

PPE

- Water or air-cooled garments
- Ice vests
- Wetted overgarments
- Aluminized heat protection



Be aware that protective clothing or **personal protective equipment** may increase the risk of heat stress.



Additional Resources

NIHHS **HEAT.gov**
National Integrated Heat Health Information System

Home News & Events Learn Urban Heat Islands Tools & Information At Risk Groups Planning & Preparing Funding Opportunities About

Welcome to HEAT.gov

Heat related illnesses and death are largely preventable with proper planning, education, and action. Heat.gov serves as the premier source of heat and health information for the nation to reduce the health, economic, and infrastructural impacts of extreme heat.

Heat.gov is the web portal for the National Integrated Heat Health Information System (NIHHIS)

News

- [Announcing the 2024 Urban Heat Island Mapping Communities](#)
- [Watch the Recordings of the NIHHS National Meeting](#)
- [NWS and CDC Launch Experimental HeatRisk Tool](#)
- [CDC Releases New Clinical Guidance on Heat and Health](#)

Tools & Information

Who is at Risk to Extreme Heat

Climate and Health Outlook

Links: www.heat.gov