

Which Heat Safety Course is Right for You?

Heat safety training designed to meet your needs.



Course 602

Heat and Cold Stress Safety

— 2 Hours —

Best For

Workers exposed to temperature extremes

Audience

Construction workers, outdoor workers, general industry employees

Key Topics

- Heat and cold stress hazards
- Causes and risk factors
- Signs and symptoms of heat-related illness
- Prevention strategies (hydration, rest, clothing)
- Employer and worker responsibilities



Course 645

Heat Injury and Illness Prevention Employee

— 2 Hours —

Best For

Frontline workers in hot environments

Audience

Laborers, field workers, outdoor employees

Key Topics

- Recognizing heat illness symptoms
- Personal risk factors
- Hydration and acclimatization
- Safe work practices in heat
- What to do if symptoms appear



Course 646

Heat Injury and Illness Prevention Supervisor

— 2 Hours —

Best For

Supervisors managing workers in hot conditions

Audience

Supervisors, foremen, safety leads

Key Topics

- Supervisory responsibilities for heat safety
- Monitoring workers and conditions
- Implementing heat illness prevention plans
- Emergency response procedures
- Training and communication strategies