



PERFORMANCE  
AND DILIGENCE

# Thermal Stress



## Description

Designed for workers who are exposed to safety risks related to working conditions that expose them to heat or cold, this course provides information, instructions and techniques to deal with injuries or health problems caused by thermal stress.

## Target audience

Any person who is exposed to intense heat or cold while performing their duties.

## Objectives

To develop the skills required to understand the effects temperature has on the human body and to manage the inherent risks.

- Risks associated with heat and cold;
- Environmental factors;
- Personal factors;
- Reactions and symptoms;
- Prevention methods;
- First aid.

## Course content

- Basic concepts;
- General safety and prevention standards.

## Educational approach

Presentations and class participation.

## **Material provided**

None—students should take notes.

## **Evaluation**

An exam is used to assess knowledge.

## **Duration**

1 hour.

The duration of the training can differ according to your needs when it is given in private enterprise.