



## **Heat Stress**

This course is designed to give the participants the basic knowledge to identifying the signs and symptoms of a heat related emergency. It will teach them how to protect themselves while working in the sun. This program contains suggestions to protect employees from harmful ultraviolet (UV) radiation.

Course includes a Heat Stress Card, which lists symptoms of heat-related illnesses and first aid techniques.

Beating the Heat techniques prior work or playing in the heat.