Heat Illness Syllabus

Time: 4 hours

Maximum Class Size: 20

Prerequisites: None

Course Description:
Construction Craft Laborers and apprentices are frequently exposed to weather conditions, confined spaces and the effects of wearing protective suits or coveralls. This course will prepare the participant to recognize, prevent and care for the hazards associated with hot environments.

Goals/Objectives/Student Learning Outcomes:
At the end of the 4-hour Heat Illness course, the participant will be able to:

- Identify four types of heat exchange
- Define the term heat acclimation
- Describe how the body reduces heat
- Name normal body temperature
- Describe the type of environment in which acclimation occurs
- Define the term dehydration
- Identify Cal/OSHA’s Provision of Water
- Define the term shade (as determined by Cal/OHSA)
- Describe when shade is required (as determined by Cal/OHSA)
- Describe Cal/OSHA’s High Heat Procedures
- Identify Step 1 of Emergency Response Procedures

Standards
- California Code of Regulations, Title 8, Section 3395-Heat Illness Prevention

Classroom Rules and Procedures
- All classes begin at 6:30 am and end at 10:30 am or 5:00 pm to 9:00 pm
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- Upon entering classroom, all participants must sign in and be seated
- Class will consist of a combination of lecture, video, demonstration, coached group exercises, individual exercises and assessment.
- Students are required to report to class ready to work and maintain the provided PPE

Textbooks/Readings/Materials

- LTS 2019 Heat Illness PowerPoint
- LTS Heat Illness Student Handout Packet

Personal Protective Equipment - none required

Course Requirements

In order to receive credit for the course, participants must:

- Be present for full four hours
- Participate in all classroom exercises
- Pass a written exam

Course Policies

- Participants must be on-time and ready to work.
- Participants must return from breaks on-time.
- Participants must participate in each exercise and assignment

Assessment and Grading

Participants will be assessed on the following:

- All written exams must be passed with a score of 80% or above.

Safety

Failure to maintain and use PPE may result in dismissal from the course.