**Heat Stress**

**Course Outline:**

* Risk Factors and Body Temperature
	+ Who is at risk of a heat stress disorder
	+ Factors that increase risk of heat stress
	+ How does the body handle heat
* Minor and Major Heat Disorders
	+ Sunburn
	+ Heat rash or prickly heat
	+ Heat cramps
	+ Heat exhaustion
	+ Heat Stroke
	+ First-aid and medical treatment
* Workplace Practices, Personal Responsibilities and Prevention
	+ Acclimatization
	+ Smart work procedures
	+ Water and electrolytes (fluid intake should equal fluid loss)
	+ Caffeine, alcohol use and heat
	+ What and how to eat for heat protection

Notes: