**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: