

**Module 2 (1-2 Hours)**  
**Awareness Level Training for Construction Supervisors/Foremen on the**  
**Recognition, Evaluation and Control of Heat Illnesses**  
**Lesson Plan: Supervisors/Foreman Guide**  
**Introduction**

**Overview**

Provide construction supervisors/foreman with basic tools and awareness level training focused on the recognition, evaluation and control of heat-related illnesses in the construction industry. Supervisors are responsible for the safety of their crew on the job site. They will conduct site safety inspections and provide “tool box” employee training as required by the overall safety program. This module will build on the worker module to provide the foreman with additional information on the specific heat-related illnesses including signs and symptoms and basic first aid to improve their effectiveness in the education of their crew. The methods of risk assessment used by their company or the general contractor will also be addressed but at a level the non-practitioner can understand and with information they need to know. The importance of task analysis in developing an effective work-rest program will also be discussed. The supervisor role in the overall safety and health management system and emergency action and preparedness planning must be stressed throughout the training.

The resource document entitled “A Guide for Employers to Carry out Heat Safety Training for Workers” could be provided as a handout. This document will help supervisors with worker training they conduct as part of the job site safety and health program. Become familiar with the “Water, Rest, and Shade” OSHA document.

The “Notes Section” of the slides has additional information to be used by the Trainer. The heat assessment tool slides (slides 42-59) should only be used if these devices are actually in use at the job site. The case study (slides 60-76) and fatality assessment and control evaluations (FACE reports; slides 78-81) **are optional**. The resource documents listed in the last section of the lesson plan should be carefully reviewed by the trainer and used as warranted.

## **Lesson Objectives**

Upon completion of this topic participants should be able to:

1. Understand the severity of heat related illnesses and fatalities
2. OSHA's Policy on Heat Stress Prevention
3. Describe the risk factors for heat-related illness.
4. Describe the different types of heat-related illness, including how to recognize common signs and symptoms and basic first aid
5. Describe the common control practices and methods to reduce the risk of heat related worker illnesses and injuries.
6. Describe assessment tools used on the job site
7. Discuss the importance of acclimatization, how it is developed, and how your worksite procedures address it.
8. Describe the procedures for responding to possible heat-related illness.

## **Training Resources**

- a. PowerPoint Presentation with instructor notes (Black and White)
- b. LCD Projector, Computer, Speakers, and/or flip chart/white board
- c. OSHA Guide for Employers Carry Out Heat Safety Training for Workers
- d. Internet Access (to browse web sites) (if available)
- e. Exercise Handouts

## **Activities and Classroom Procedures**

1. Training Techniques
  - a. Lecture: Present materials on PowerPoint slides
  - b. Browse web sites
  - c. Directed discussion: student involvement with different management systems

## **Lesson Roadmap**

1. The Importance of Heat Stress Illness and Fatality Prevention in Industry
  - a. Slides to be used : 3-10
  - b. Objectives covered : 1
  - c. Exercise/demos : Video Clip Example Slide 10
  - d. Training aids : Video clip
2. OSHA Enforcement
  - a. Slides to be used : 11-13
  - b. Objectives covered : 2
  - c. Exercise/demos : None
  - d. Training aids : None

3. Recognition of Risk Factors Associated with Heat Related Illnesses
  - a. Slides to be used : 14-31
  - b. Objectives covered : 3,4
  - c. Exercise/demos : None
  - d. Training aids : None
  
4. Prevention and Control of Heat Related Illnesses
  - a. Slides to be used : 32-43
  - b. Objectives covered : 5
  - c. Exercise/demos : None
  - d. Training aids : None
  
5. Measurement and Evaluation of Heat Stress
  - a. Slides to be used : 44-59
  - b. Objectives covered : 6
  - c. Exercise/demos : Task Analysis Exercise: What is important to include in the JSA from a heat stress control standpoint
  - d. Training aids: Facilitated discussion.
  
6. Heat Stress Job Site Case Study on Work Load (Optional)
  - a. Slides to be used : 60-77
  - b. Objectives covered : all
  - c. Exercise/demos : Task Analysis and Heat Index Exercise
  - d. Training aids: Facilitated discussion.
  
7. Fatality Assessment and Control Evaluation Case Study (Optional)
  - a. Slides to be used : 78-82
  - b. Objectives covered : all
  - c. Exercise/demos : Construction Heat Stress Fatality Case
  - d. Training aids: Facilitated discussion of case study slides
  
8. Summary, Quiz and Questions
  - a. Slides to be used : 83-85 and 3
  - b. Objectives covered : all
  - c. Exercise/demos : Quiz Slide 3
  - d. Training aids: Facilitated discussion, Quiz and wrap up

### **Evaluation and Assessment**

- a. Interactive conversations
- b. Quiz from Slide 3 Before and After

## **Resources**

[http://www.osha.gov/SLTC/heatillness/osha\\_heattraining\\_guide\\_0411.pdf](http://www.osha.gov/SLTC/heatillness/osha_heattraining_guide_0411.pdf) : A Guide for Employers to Carry out Heat Safety Training for Workers

<http://www.osha.gov/SLTC/heatillness/index.html> : Water, Rest, and Shade: The Work can't get done without them.