

SESSION 1 (20-30 minutes)
Awareness Level Training for Construction Workers
on the Recognition and Control of Heat Illnesses
Lesson Plan: Student Guide
Introduction

Overview

Provide employees with basic tools and awareness level training focused on the recognition and control of heat-related illnesses in the construction industry. The emphasis of this worker-training module is on the importance of “Rest, Water, Shade” and early response to heat-related illnesses that may emerge on the job site. The worker role in the overall safety and health management system emergency action and preparedness planning will be stressed throughout the training.

The “Notes Section” of the slides has additional information to be used by the Trainer. The heat assessment tool slides should only be used if these devices are actually in use at the job site (slides 25-29). The case study (slides 30-43) and fatality assessment and control evaluations (FACE reports; slides 44-46) **are optional**. The resource documents listed in the last section of this lesson plan should be carefully reviewed by the trainer and used as warranted.

Lesson Objectives

Upon completion of this topic students should be able to:

- Identify risk factors for heat-related illness.
- Describe different types of heat-related illness, including how to recognize common signs and symptoms.
- Discuss heat-related illness prevention assessment tools and procedures, including:
 - Importance of drinking small quantities of water often.
 - Importance of acclimatization, how it is developed, and how your worksite procedures address it.
 - Importance of immediately reporting signs or symptoms of heat-related illness to the supervisor/foreman.
 - Procedures for responding to possible heat-related illness.
 - Procedures to follow when contacting emergency medical services.[REQUIRES TRAINER INPUT]

Training Materials Needed

- a. PowerPoint Presentation
- b. PowerPoint Presentation with instructor notes (Black and White)
- c. LCD Projector, Computer, Speakers, and/or Flip Chart/Chalk Board
- d. Document: OSHA Guide for Employers Carry Out Heat Safety Training for Workers
- e. Internet access (if possible) for browsing web sites

Activities and Classroom Procedures

1. Training Techniques
 - a. Lecture: Present materials on PowerPoint slides or Flip Chart
 - b. Browse web sites
 - c. Directed discussion: participant involvement with different management systems
 - d. Facilitated Discussions and Case study (optional)

Lesson Roadmap

1. The Importance of Heat Stress Illness and Fatality Prevention in Industry
 - a. Slides to be used : 3-11
 - b. Objectives covered : 1, 6
 - c. Exercise/demos : Video Clip Example: Slide 11
 - d. Training aids : Facilitated Discussion
2. Recognition of Risk Factors Associated with Heat Related Illnesses
 - a. Slides to be used : 12-18
 - b. Objectives covered : 1 & 2
 - c. Exercise/demos : None
 - d. Training aids : None
3. Prevention of Heat Related Illnesses
 - a. Slides to be used : 18-22
 - b. Objectives covered : 3, 4, 5, 6, 7, 8, 9
 - c. Exercise/demos : Role of Worker in the emergency action and preparedness planning: Slide 21 (Group brainstorm or review of specific workplace policies/procedures)
 - d. Training aids : Facilitated Discussion
4. Measurement and Evaluation of Heat Stress (Optional, if applicable)
 - a. Slides to be used : 25-29
 - b. Objectives covered : 3
 - c. Exercise/demos : None
 - d. Training aids: Facilitated discussion and/or heat measurement tools for demonstration

5. Heat Stress Case Study (Optional)
 - a. Slides to be used : 30-43
 - b. Objectives covered : ALL
 - c. Exercise/demos : Construction Site Case Study
 - d. Training aids: Facilitated discussion of case study slides

6. Fatality Assessment and Control Evaluation Case Study (Optional)
 - a. Slides to be used : 44-46
 - b. Objectives covered : ALL
 - c. Exercise/demos : Construction Heat Stress Fatality Case
 - d. Training aids: Facilitated discussion of case study slides

7. Summary and Questions
 - a. Slides to be used : 22-23, and 3
 - b. Objectives covered : WATER, REST, and SHADE
 - c. Exercise/demos : Quiz Slide 3
 - d. Training aids: Facilitated discussion, Quiz and wrap up

Evaluation and Assessment

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

Resources

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 GetD Without Them.