



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

- 1) Introduction
 - a) Welcome!
 - b) Standards
 - c) Why Training?
- 2) Best Practices
 - i. The Forecast
 - a) Appropriate Clothing
 - ii. Shape
 - iii. Color
 - iv. Fabric
 - b) Appropriate Care
 - v. Hydration
 - vi. Regular Rest
 - vii. The Buddy System
- 3) Heat Stress
 - i. Heat & Humidity
 - ii. Dry Heat
 - a) Preventing Heat Illness
 - iii. Hydration
 - iv. PPE
 - v. Acclimatization
 - vi. Take a Break
 - b) Exposure Limits
 - vii. Government Standards
 - c) Illnesses & Symptoms
 - viii. Heat Stroke
 - ix. Heat Exhaustion
 - x. Heat Syncope
 - xi. Heat Fatigue
 - xii. Heat Cramps



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- xiii. Heat Rash
- xiv. Rhabdomyolysis
- d) Treatment
 - xv. Hydration
 - xvi. Cool Rest
 - xvii. Cool the Core
- 4) Cold Stress**
 - i. Wind Chill
 - ii. Personal Factors
 - a) Prevention
 - iii. PPE
 - iv. Warm-up Rests
 - v. Engineering Controls
 - b) Injuries & Treatments
 - vi. Hypothermia
 - vii. Frostnip & Frostbite
 - viii. Chilblains
 - ix. Trench Foot
 - x. Immersion Foot
- 5) Conclusion**