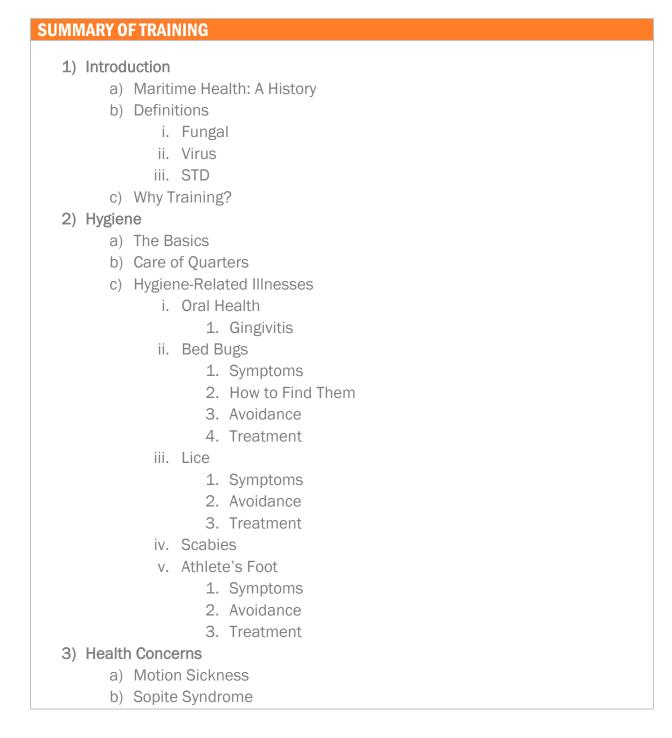


TRAINING OUTLINE

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.





- c) Hand Arm Vibration Syndrome (HAVS)
- d) Cardiovascular Disease
- e) Cancer
- f) Hypertension
- g) Pandemic & Epidemic Diseases
- h) Musculoskeletal Disorders
 - i. Awkward Postures
 - ii. Lifting
 - iii. Power Zone
 - iv. Pushing & Pulling
 - v. Stretching
 - 1. Head & Neck
 - 2. Side Bend
 - 3. Head Drop
 - 4. Hands
 - 5. Wrists
 - 6. Forearms
 - 7. Shoulder Rolls
 - 8. Back
 - 9. Quadriceps
 - 10.Hamstrings
- i) Heat & Cold Stress
 - i. Heat Illness
 - 1. Dehydration
 - 2. Heat Cramps
 - 3. Heat Exhaustion
 - 4. Heat Stroke
 - 5. First Aid
 - a. Call Emergency Services
 - b. Find a Cool Location
 - c. Loosen or Remove Clothing
 - d. Cool Off
 - e. Increase Fluid Intake
 - f. Take Time to Rest
 - g. Take Temperature
 - 6. Prevention
 - 7. Sunburn
 - 8. Skin Cancer (Long-Term)



TRAINING OUTLINE

- ii. Cold Illness
 - 1. Hypothermia
 - 2. Paradoxical Undressing
 - 3. Frostbite
 - 4. Trench Foot
- j) STDs
 - i. Risk
 - ii. Prevention
 - iii. Barrier Prevention
 - iv. Vaccines
 - v. Chlamydia
 - vi. Gonorrhea
 - vii. Syphilis
 - viii. Trichomoniasis
 - ix. HPV
 - x. HIV/AIDS
 - xi. Crabs
 - xii. Herpes
 - xiii. Hepatitis
 - xiv. Chancroid
 - xv. MRSA
 - xvi. Treatments
- k) Fatigue
- I) Health Concerns
- 4) Nutrition
 - a) Calories
 - b) Fats
 - i. Functions of Fat
 - ii. Types of Fats
 - c) Proteins
 - i. Functions
 - d) Carbohydrates
 - i. Functions
 - ii. Simple Carbs
 - iii. Complex Carbs
 - e) Vitamins
 - f) Minerals
 - g) Food Safety



TRAINING OUTLINE

- i. Clean
- ii. Separate
- iii. Cook
- iv. Chill
- v. Food-Borne Illness
 - 1. Salmonella
 - 2. Hepatitis A
 - 3. E. Coli
 - 4. Norovirus
 - 5. Listeria
 - 6. Botulism
 - 7. Shigella
 - 8. Treatment

5) Mental Health

- a) Mental Illness
 - i. What is Mental Illness?
 - ii. What is Mental Wellness?
 - iii. Who Suffers from Mental Disorders?
 - iv. Risk Factors
 - v. Anxiety
 - 1. Anxiety Attacks
 - 2. Panic Attacks
 - vi. Depression
 - 1. SAD
 - 2. Suicide
 - a. Risk Factors
 - vii. Mental Health Services
- b) Stress Management
 - i. Exercise
 - ii. Hobbies
 - iii. Breathe
 - iv. Meditation
 - v. Social Support
 - vi. Friendship
 - vii. Medical Treatment
- 6) Case Studies and Conclusion