

EXAMINATION PREPARATION
IASHEP –
Certified Heat Stress Prevention Trainer

Overview

This guide outlines the examination structure and core knowledge areas required. Examination guide is required to achieve certification as a Certified Occupational Injury & Illness Safety Specialist.

Examination Preparation Guide for Certified Heat Stress Prevention Trainer

Exam Parameters:

- **Duration:** 3 hours
- **Question Count:** 100 questions
- **Question Types:** Multiple-choice, True/False, Scenario-based, Matching
- **Passing Score:** 80%

Exam Objectives:

1. Evaluate the candidate's understanding of ANSI Z490.1 and Z490.2 standards.
2. Assess knowledge of heat illness symptoms and prevention strategies.
3. Test the ability to create effective Heat Illness Prevention Plans.
4. Verify knowledge of OSHA and NIOSH criteria related to heat stress.
5. Evaluate competency in adult learning principles and training delivery.
6. Confirm understanding of hazard assessments, PPE requirements, and regulatory compliance.

Content Breakdown:

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1. ANSI Z490.1 and Z490.2 Standards (10%)

- Key elements of safety training standards.
- Application of adult learning principles.
- Developing and delivering effective training programs.

2. Heat Illness and Related Symptoms (15%)

- Definition and recognition of heat-related illnesses (heat stroke, heat exhaustion, heat cramps, heat rashes).
- Identifying symptoms and severity.
- Physiology of heat stress and its effects on the body.

3. Heat Illness Prevention Plan Development (20%)

- Required elements of a written plan.
- Employer and employee roles and responsibilities.
- Policies and procedures (hydration, acclimatization, work/rest cycles).
- Environmental monitoring and the use of tools like the Wet Bulb Globe Temperature (WBGT) index.

4. OSHA and NIOSH Criteria for Hot Environments (15%)

- OSHA 29 CFR 1910.132(d) for workplace hazard assessments and PPE.
- NIOSH guidelines for occupational heat exposure.
- Overview of OSHA's Heat Illness Prevention Initiative.

5. Hazard Identification and Risk Assessment (10%)

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- Conducting workplace assessments for heat stress hazards.
- Identifying at-risk workers and environmental factors.
- Tools and strategies for monitoring and assessing heat risks.

6. Medical Issues Associated with Heat Stress (10%)

- Dehydration and cardiovascular strain.
- Chronic medical conditions and medication impacts.
- Emergency response protocols.

7. Training and Communication Strategies (15%)

- Tailoring training for diverse work environments.
- Techniques for engaging adult learners.
- Developing and using training materials effectively.
- Presentation skills and managing learner interactions.

8. Program Evaluation and Continuous Improvement (10%)

- Measuring training effectiveness through assessments and feedback.
- Strategies for continuous improvement of heat stress prevention programs.
- Documentation and recordkeeping for compliance.

Sample Question Distribution:

Topic	Number of Questions
ANSI Z490.1 and Z490.2 Standards	10

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Heat Illness and Related Symptoms	15
Heat Illness Prevention Plans	20
OSHA/NIOSH Criteria	15
Hazard Identification and Assessment	10
Medical Issues	10
Training Strategies	15
Program Evaluation	5

Additional Notes:

- Scenario-based questions will simulate real-world challenges (e.g., developing a plan for an outdoor construction site).
- Pre- and post-training assessment examples will be included to gauge the effectiveness of a trainer.
- Ethical considerations in training delivery will be assessed.