

Certified Heat Stress Prevention Trainer

Course Credential: CHSPT

Duration:

5 Days (40 Hours Total)

Certified CEUs: 4.0 Online Course

Continuing Education Units:

Four (4) CEUs are offered for this course. As an IACET Accredited Provider, IASHEP offers IACET CEUs for its learning events that comply with the ANSI/IACET Continuing Education and Training Standard. CEUs will be reflected on the certificate upon completion of both the course and the examination. Partial credit or adjusted CEUs will not be awarded for individuals who do not successfully meet the IACET requirements for issuing CEUs.

Course Pre-Requisite:

Yes - Participants must have taken OSHA 500 train-the-trainer course

Course Description:

This comprehensive course is designed to prepare trainers to deliver effective heat stress prevention training programs. The course adheres to the ANSI Z490.1 and Z490.2 standards, emphasizing the development and delivery of safety training that incorporates adult learning principles. Participants will learn to create, implement, and evaluate heat stress prevention programs while ensuring regulatory compliance with OSHA standards and California-OSHA Outdoor Heat (T8CCR 3395) and Indoor Heat (T8CCR 3396) guidelines.

Course Learning Outcomes:

Upon successful completion of this course, participants will be able to:

- Discuss heat illness and recognize the symptoms of heat-related conditions.
- Prepare a written Heat Illness Prevention Plan for indoor and outdoor work environments.
- Apply NIOSH criteria for occupational exposure to hot environments.
- Understand the definition of heat stress, its potential effects, and effective prevention strategies.
- Address medical issues associated with heat stress.
- Understand and apply OSHA 29 CFR 1910.132(d) requirements for workplace hazard assessments and PPE.
- Understand CAI-OSHA Outdoor Heat (T8CCR 3395 & Indoor Heat (T8CCR 3396)

Course Breakdown:

Day 1: Introduction to Heat Stress and Regulatory Overview (8 Hours)

Morning Session (4 Hours):

- Welcome and Introductions
- Overview of the Course Objectives and Learning Outcomes
- Introduction to ANSI Z490.1 and Z490.2 Standards
- Understanding OSHA's Heat Illness Prevention Initiative

Overview of OSHA 29 CFR 1910.132(d) & CAL-OSHA Outdoor Heat (T8CCR 3395 & Indoor Heat (T8CCR 3396) – PPE Requirements

Afternoon Session (4 Hours):

- Heat Stress: Definition and Types
 - Heat Stroke
 - Heat Exhaustion
 - Heat Cramps
 - Heat Rashes
 - Risk Factors for Heat Stress
 - Age
 - Medical Conditions
 - Medications
 - Environmental Factors
 - Case Studies: Heat-Related Incidents
 - Q&A and Group Discussion
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Day 2: Physiology of Heat Stress and Hazard Identification (8 Hours)

Morning Session (4 Hours):

- Physiology of Heat Stress
 - Body Temperature Regulation

- Effects of Heat on the Body
- Symptoms and Signs of Heat Illness
 - Identifying Heat Stroke, Heat Exhaustion, Heat Cramps, and Heat Rashes
- Medical Issues Related to Heat Stress
 - Dehydration
 - Cardiovascular Strain
 - Chronic Conditions

Afternoon Session (4 Hours):

- Hazard Identification and Risk Assessment
 - Workplace Assessments for Heat Stress Hazards
 - Identifying At-Risk Workers
 - Environmental Monitoring Tools
 - Introduction to the Wet Bulb Globe Temperature (WBGT) Index
 - Q&A and Group Discussion
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Day 3: Heat Illness Prevention Plans (8 Hours)

Morning Session (4 Hours):

- Creating a Written Heat Illness Prevention Plan
 - Required Elements
 - Employer and Employee Responsibilities

- Developing Policies and Procedures for Heat Stress Prevention
 - Work/Rest Cycles
 - Hydration and Nutrition
 - Acclimatization Programs

Afternoon Session (4 Hours):

- Training and Communication Strategies
 - Tailoring Training to Different Work Environments
 - PPE Selection and Use
 - Clothing and Cooling Equipment
 - Q&A and Group Discussion
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Day 4: Training Delivery and Adult Learning Principles (8 Hours)

Morning Session (4 Hours):

- Adult Learning Principles
 - Understanding How Adults Learn
 - Engagement Techniques
- Developing Effective Training Materials
 - PowerPoints, Handouts, and Visual Aids
 - Interactive Exercises

Afternoon Session (4 Hours):

- Delivering Heat Stress Training
 - Presentation Skills
 - Handling Difficult Questions
 - Creating a Safe Learning Environment
 - Evaluating Training Effectiveness
 - Pre- and Post-Training Assessments
 - Feedback Mechanisms
 - Q&A and Group Discussion
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Day 5: Program Evaluation, Compliance, and Final Exam (8 Hours)

Morning Session (4 Hours):

- Program Evaluation
 - Measuring the Effectiveness of Heat Stress Prevention Programs
 - Continuous Improvement Strategies
- Compliance with OSHA and Other Regulatory Bodies
 - Documentation and Recordkeeping
 - Auditing Training Programs

Afternoon Session (4 Hours):

- Review of Course Material
- Course Wrap-Up and Q&A

- Issuance of Certificates
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Who Needs This Course?

This course is essential for professionals working in environments with extreme temperatures, including but not limited to:

- Construction Workers
 - Outdoor Laborers
 - Agricultural Workers
 - Utility Workers
 - Road Maintenance Workers
 - Warehouse Workers
 - Landscaping Workers
 - Oil and Gas Industry Workers
 - HVAC Technicians
 - Emergency Response Teams
 - Union Workers
 - Shipyard Workers
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Testing and Certification:

- Duration: The project time frame is negotiated with the instructor.
- The expectation is to write a Heat Illness Prevention Plan based on the rubric provided in this document.
- Written exam will be proctored with a duration of up to 3 hours
- Open Book: Yes

The course concludes with a comprehensive final exam requiring a minimum score of 80% to receive the Certified Heat Stress Train-the-Trainer credential. Participants may retake the exam up to three times if necessary.

Disclaimer Note: OSHA does not certify or endorse individual trainers or training programs. The standard identifies qualified trainers as those who have satisfactorily completed an instructional program (train-the-trainer) or have the academic credentials and experience necessary to teach a training program.

In other words, a trainer must demonstrate proficiency and understanding of the material to be transmitted to trainees and have credentials or experience training adults. Trainers must also continue to attend training to maintain their knowledge and skills. Ultimately, it is the employer's responsibility to determine whether the trainer meets the requirements and qualifications under a Train the Trainer program for their workers.

Education:

Bachelor's degree in engineering, chemistry or physics OR a bachelor's degree in closely related biological or physical science from an accredited college or university. Three years of acceptable work experience may be substituted for each year of an academic degree program (i.e., twelve years of experience is equivalent to a bachelor's degree).

Work Experience:

Three (3) years of experience where at least 30% of your work is directly related to working in safety, industrial hygiene, or environmental protection is required. Education cannot be substituted for work experience. Please note: This requirement is in addition to the expertise used instead of education.

Other Experience:

Documented GED / Apprentice Certificate Completion / On-The-Job / Skills Training / or AA / BSc / BA in safety management or similar field. Certificates in occupational health and safety from OSHA or an authorized OSHA Training Institute Education Center (OTIEC), NEBOSH, National Safety Institute, Military Specialty Ratings (ARMY, NAVY, Marines, Coast

Guard, Air Force, Space Force, & Reserves, National Guard, or similar training organizations from other countries will be considered.

Recertification:

A refresher examination is required every three (3) years to maintain certification. The cost for recertification is \$395.00

It's crucial to understand that this course is not just any course. It's aligned with the highest industry standards. As an IACET Accredited Provider, IASHEP offers Continuing Education Units (CEUs) for its learning events that comply with the ANSI/IACET Continuing Education and Training Standards.

Because the ANSI/IACET Standard focuses on how continuing education and training programs are developed - not what they cover - it provides a certifiable framework of researched and proven best practices that can be applied across disciplines and industries. It measures all aspects of a C/T provider's program development across nine nationally recognized categories. This has allowed for the ANSI/IACET Standard for Continuing Education and Training to be recognized as the official standard for CE/T in the world.

For more information or to register for this course, please visit www.iashep.org and complete the course enrollment form. If you have any questions, please contact the IASHEP Training Administrator at (612 - 801-1032).

Proprietary Notice

It is the Policy of Podojil & Associates, Inc. that the proprietary interest of instructor(s) is disclosed.

Purpose: This policy is designed to ensure compliance with all applicable local, state, and federal regulations while maintaining a high standard of professional conduct throughout the organization.

Scope/Application: This policy applies to all instructors, franchisees, and

contract individuals of Podojil & Associates, Inc. who conduct courses for the organization.

Instructors shall not promote the exclusive use of any commercial product in published training materials or during training. Instructors' discussion of their proprietary interests during instruction will be limited to relevant contexts and include consideration of alternative products or companies that are comparable to the instructor's.

