

## EMPLOYEE TRAINING RECORD

### TRAINING TITLE

Confined Spaces - Hazards - Heat Stress

### KEY TEACHING POINTS

#### HEAT STRESS

- High rises, so this problem can be worse at the upper levels of permit spaces. High humidity, respirators, gloves, and other protective equipment can make you feel hotter.
- In increasing order of severity, heat stress disorders include:
  - Heat rash - Red skin rash caused by infection of plugged sweat glands.
  - Heat exhaustion - Profuse sweating, fatigue, possible disorientation.
  - Heat cramps - Muscle cramps caused by a loss of electrolytes.
  - Heat stroke - Sweating stops, paleness, possible loss of consciousness.
- Heat stroke is a life-threatening condition. The victim should be cooled down with moist cloths or fanning (do not apply ice). Administer fluids if the victim is able to accept them. Do not give aspirin, medication, alcohol or stimulants. Transport to medical care.
- If you begin to experience any of these conditions you should leave the space to rest and cool off. Be sure to drink plenty of water.

### TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1. Heat stress disorders can be life threatening.		
2. If you begin to experience conditions of heat stress, leave the space to rest and cool off.		
3. Take salt tablets to prevent heat stress.		
4. Drink lots of water when it is hot.		
5. Ice a heat stroke victim down to cool his system quickly.		
<b>EMPLOYEE'S NAME</b>	<b>EMPLOYEE'S SIGNATURE</b>	<b>DATE</b>
<b>INSTRUCTOR'S NAME</b>	<b>INSTRUCTOR'S SIGNATURE</b>	<b>DATE</b>

1. True 2. True 3. False 4. True 5. False