Description

Introduction to Heat Stress Prevention for food service employees. Topics include causes of heat stress, symptoms, prevention, and emergency actions.

By the end of this class participants will be able to:

2. Recognize symptoms of heat stress

Duration: 15 minutes

Materials

Heat Stress Prevention Handout from http://www.ehs.ucr.edu/safety/diningservicessafety.html (one for each participant)

Heat Stress Prevention Assessment

Procedure

1. Circulate roster among all participants (1 minute)

2. Distribute copies of the “Heat Stress Prevention” handouts to group (1 minute)

3. Review the content from each topic on handout (8 minutes)
   a. Heat stress
   b. Recognize
   c. Prevention
   d. Emergency

4. Assess the participant’s comprehension using the “Test” section in the Heat Stress Prevention Assessment. (5 minutes)