

HEAT AND COLD STRESS

Supplement to Standard Training Module

TRAINING REQUIREMENTS OVERVIEW

This standard Vivid training module provides a general overview of heat and cold stress factors. Although no particular training regimen is required by an OSHA standard, employees should receive information and training on heat and/or cold stress exposures. Facilities **should** also have their own site detailed program in place when the workplace has or may have heat and/or cold stress conditions.

In addition to the general overview, employees should receive facility-specific information. This additional training should cover:

- **Exposures anticipated in the workplace and which jobs might be affected**
- **Recognition of signs and symptoms of heat/cold stress exposure**
- **Company policy and procedures on work breaks, PPE, etc.**
- **Environmental monitoring program**

The General Duty Clause requires an employer to “provide employment and a place of employment which are free from recognized hazards”. Employee training, appropriate to recognized workplace hazards, is anticipated to be a part of a facility’s overall safety and health program.

Frequency: Training **should** be provided to affected employees:

- Upon initial assignment of work
- When recognized hazards change, or new hazards are introduced into the workplace
- When new or modified processes, procedures, and/or equipment are introduced into the workplace

GENERAL OVERVIEW OF THE STANDARD

HEAT AND COLD STRESS

There is currently no OSHA regulation for Heat and Cold Stress. If heat and/or cold stress exposures are present consideration should be given to developing policies and procedures to avoid possible employee injury. This includes elements for:

- Engineering, administrative, and work practice controls to maintain acceptable temperatures
- Employee training on recognition of signs and symptoms of heat/cold stress exposure
- First aid availability, and procedures to summon first aid services
- Food and drink policies

REFERENCE MATERIALS

Publications

Cold stress: www.osha.gov/Publications/osha3156.pdf

Website

OSHA website for heat stress: www.osha-slc.gov/SLTC/heatstress/index.html