

HEAT STRESS

Program Overview:

This heat stress training program tackles the rising risk of climate-related workplace injuries in Ontario. It covers current and proposed legislation like Bill 222, clarifies employer and worker responsibilities, and teaches participants to identify heat stress factors such as environment, exertion, hydration, and acclimatization. Using the hierarchy of controls, it offers practical prevention strategies, symptom recognition, first aid, and monitoring tools like OHCOW's Heat Stress Calculator. The course also addresses mental health impacts and provides actionable tips for staying safe both on the job and at home.

Industry Compliance: Meets OHSa Section 25 & 26 requirements and prepares for upcoming Bill 222 legislation.

Training Content:

- Heat Stress Definition and Fundamentals
- Current OHSa Legislation and Proposed Bill 222
- Environmental and Individual Risk Factors
- Key Contributing Factors to Heat Stress
- Early Warning Signs and Symptoms Recognition
- Heat-Related Disorders and Health Effects
- First Aid Measures for Heat Emergencies
- Hierarchy of Controls for Heat Stress Prevention
- Workplace Responsibilities (Employer, Supervisor, Worker)
- Heat Stress Prevention Program Implementation
- Monitoring and Measurement Techniques
- OHCOW Heat Stress Calculator and Response Plan
- Humidex and WBGT Monitoring Methods
- Mental Health Impacts of Heat Exposure
- Practical Worker Prevention Strategies

Course Duration: Two (2) Hours. Online

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Legal Disclaimer

It is the employer's responsibility to ensure that each of their employees is properly trained. This program provides training of a general nature and may not include the hazards that are unique to your workplace. The intent of this training program is to outline expected industry standards. Employers must always ensure that their workers are properly trained according to the hazards and regulations specific to their workplace and job tasks. LEVAC HEALTH & SAFETY has made every attempt to ensure the accuracy and reliability of the training material that has been provided in this training program.

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