

Targeted learning


Thermal stress

Module 1	Introduction
Module 2	Working in heat
	<ul style="list-style-type: none">– Acclimatization to heat– Working in heat situations– Health problems and first aid
Module 3	Assessment of the heat level
	<ul style="list-style-type: none">– WBGT device– Risk level assessment for heatstroke
Module 4	Prevention against heat
	<ul style="list-style-type: none">– Worker-related preventive measures– Employer-related preventive measures
Module 5	Cold work
	<ul style="list-style-type: none">– Cold work situations– Acclimatization to cold– Safety risks– Health risks



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Module 6	Cold prevention	
	<ul style="list-style-type: none">– Risk factors– Preventive measures	
Module 7	Conclusion	