ZENTRIS
Management Training

Heat Stress Awareness

COURSE CODE : ZMT-HSE-119

COURSE OVERVIEW	The Heat Stress Awareness Course is a concise, one-day training program designed to equip workers, supervisors, and managers with essential knowledge about managing heat stress. This course provides comprehensive guidelines on legislative requirements, managing heat exposure, understanding its effects, and implementing control measures to ensure safety during temperature extremes.
TARGET AUDIENCE	This course is tailored for: • Workers, Supervisors, and Managers involved in outdoor activities • Individuals exposed to direct heat in industries such as construction, logistics, and agriculture
COURSE OBJECTIVES	Participants will learn: • Understand the roles and responsibilities of employers, employees, and supervisors in managing heat stress • Recognize the hazards of heat exposure and their effects on the human body • Learn control measures to mitigate risks associated with heat stress, including preventing incidents like heat stroke, exhaustion, and dehydration

COURSE CONTENTS	1. Introduction to Heat Stress Awareness
	2. UAE Regulations and Safety Legislation
	3. Company Safety Policies and Procedures
	4. Roles and Responsibilities:
	    • Employers, Employees, and Managers
	    • Supervisors' Role in Heat Stress Management
	5. Understanding the Effects of Heat Exposure:
	    • Heat Stroke
	    • Heat Exhaustion
	    • Dehydration
	    • Muscle Cramps
	    • Lack of Concentration
	6. Workplace Management and Safe Outdoor Activities
	7. Importance of Heat Stress Management
	8. Control Measures to Minimize Risks

PARTICIPANTS	Maximum of 10–12 participants per session for an optimal learning experience.
DURATION	1 Day (02:00 Hours)
ASSESSMENT CRITERIA	Participants will undergo a theoretical assessment to evaluate their understanding of heat stress management, safety procedures, and legislative requirements.