

Heat Stress: Code Red

Heat stress, heat stroke, heat rashes, heat cramps – all are dangerous to your public employees. This training video will give them the knowledge they need to avoid the dangers of working in hot, humid conditions.

Topics covered include:

- Acclimatization
- Hydration
- Proper clothing
- Signs of heat fatigue

(14 min) **DuPont**. #26-S426-DVD \$495

Heat Stress For Public Employees: Seeing Red

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Heat Related Illness: Prevention And Response

This video is designed to help employees know how to prevent and respond to Heat Related Illnesses.

There are many factors that can contribute to Heat Illness: High Temperature, Physical Activity, Humidity, Age, Weight, Physical Conditioning, Prior affliction, medications being taken and medical conditions.

The Symptoms of heat illness include such things as: Heat Cramps: Muscle contractions causing pain usually in the abdominal or leg muscles; Heat Exhaustion: sweating; fatigue; muscle cramps; headache; dizziness and fainting; weakness; nausea and vomiting; pale, cool, clammy, skin; rapid pulse; shallow breathing. Heat Stroke: all of the above plus, seizures; and loss of consciousness.

co-worker that falls victim to Heat Illness.
(8 mins) **VTSI**. #49-S32-DVD \$425



Beat The Heat: Preventing & Treating Heat Disorders

This program is not just a remake of **DuPont's** best-selling *Heat Stress* program. It discusses a variety of heat disorders, how to prevent heat stress and what workers should do if confronted by heat disorders. Handbook available. (17 min) **DuPont**. #26-S108-DVD \$495

Heat Stress: Don't Lose Your Cool

This program is a must-see for anyone who works in hot environments - both indoors and out. It outlines the effects, symptoms and treatments of heat stress disorders, as well as precautions to take in order to avoid them. (14 min) **DuPont**. #26-S223-DVD \$495

Available in French.

Working Safely In Hot Environments

This program shows viewers how to prevent and respond to various heat-related problems by using prevention techniques; how to recognize the signs and symptoms of heat stress; and, what first aid procedures to administer when assisting victims of specific heat-related illnesses. Featured are several heat-related illness scenarios that illustrate the importance of staying alert, using good judgment and knowing the warning signs of heat stress when working in hot environments. (15 min) **ERI**. #48-2155-DVD \$495

Understanding & Preventing Heat-Related Illnesses

As hot conditions intensify this summer and we continue to perform our regular job duties, the potential for heat-related illnesses rises dramatically. Collectively known as heat stress, these illnesses are serious and can even cause death in some cases. Your employees must be vigilant in their efforts to prevent them. This program discusses how hot conditions affect the human body, the symptoms of heat-related ailments and what to do if we start to experience them, how to treat victims of heat stress and most importantly, the precautions that must be taken to avoid problems when working in hot environments. Other topics include becoming acclimated to the heat, use of the buddy system, preventing heat stress at indoor facilities and specialized clothing and protective devices for working in hot conditions. (16 min) **ERI**. #48-2972-DVD \$595