



## COURSE IN HEAT RELATED ILLNESS

### Course Aim

The Heat Related Illness presentation aims to provide trainees with the knowledge to be able to recognise and implement preventative measures to minimise the risk of heat related illness at the workplace.

### Course Elements

The Course covers the following topics:

1. Heat Stress vs Heat Strain
2. Heat Balance
3. The Body's Cooling System
4. The Hypothalamus: the body's thermostat
5. How does the body get rid of heat
6. Health effects of heat stress
7. Predisposing factors
8. Drugs that interfere with body's thermoregulation
9. Heat stress controls and management
10. Legislation
11. Acclimatization

### Course Assessment

Consists of a multiple choice written assessment.

### Qualification

Statement of Attendance in:

- Course in Heat Related Illness

Krause Safety & Training Pty Ltd  
3 Ramsay Street, Garbutt Qld 4814; P.O. Box 1548 Townsville Qld 4810  
Phone: +61 7 4728 9866 Fax: +61 7 4728 9899 Mobile: 0407 652 128 ABN 13 308 469 866  
[www.krausesafetytraining.com.au](http://www.krausesafetytraining.com.au) email: [des@krausesafetytraining.com.au](mailto:des@krausesafetytraining.com.au)

## Delivery Mode

Face-to-face teacher-centred learning.

Please consult the latest online *Krause Safety & Training Calendar* for course dates.

## Course Duration

3 hours

## Course Fee

Please contact our office for a current course price list.

## Maximum Numbers

Maximum of 12 people per course.

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[www.krausesafetytraining.com.au](http://www.krausesafetytraining.com.au) email: [des@krausesafetytraining.com.au](mailto:des@krausesafetytraining.com.au)