

# Heat Stress – Spanish

## Key Takeaways:

- Learning what hazards can result from working in hot environments, including physical signs, symptoms, and treatments of heat stresses.
- Understanding how to protect yourself from heat stresses, including observing your employer's heat stress protective strategies, along with other preparations and practices.

## Course Description

After completing this course learners will be able to identify heat related hazards, types of heat illnesses (heat stroke, heat exhaustion, heat rash, etc.), symptoms and treatment of heat related illnesses and how to protect against heat stress. (Spanish Version)