

# Cold Stress Awareness

Online!



In many different industries there are jobs that are undertaken in cold environments, which can lead to frostbite, hypothermia, and even death. This course includes information on types of cold stress, symptoms, treatment, and controls and strategies for managing cold stress. This awareness course is designed, developed, and maintained to meet all applicable regulations and government legislation.

This **one-hour** course is part of the THRIL certificate program series, developed by Gemini and well-known, highly respected industry professionals. THRIL certificates are designed to easily and inexpensively obtain essential training that leads towards recognized certification and qualifies for compulsory certification maintenance points to preserve ROH and CRSP designations. University of Calgary students completing a total of 45 hours or more training will be credited 30 hours of elective course credit toward the U of C Health, Safety and Environmental Certificate program.

## On completion of this course you will be able to:

- Identify the elements of cold stress,
- Recognize the hazards and health risks associated with work in cold environments,
- Understand wind chill factors and how cold stress may be measured in the workplace,
- List the symptoms and treatment for different types of cold stress,
- Identify human, medical, and job risk factors associated with cold stress management,
- Describe the body's common reactions to cold stress,
- Understand simple strategies for controlling exposure to cold stress, and
- List the exposure limits for work in cold environments.

THRIL assessments are also available for all THRIL courses ideal for learners that wish to challenge the course for recertification purposes.

Contact us at [www.gemini.com](http://www.gemini.com), [contactgemini@gemini.com](mailto:contactgemini@gemini.com), or 403-263-8649.

