



Mining Product: Keeping Cool: Training to Reduce Heat Stress Incidents

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Authors: L Mallett, B Connor, K Yeoman, T Victoroff, G Poplin, W DuBose, T Bauerle

Keeping Cool is a training module that will help workers recognize the signs of heat-related illness and provide appropriate first aid. Heat can affect workers differently and can even affect the same worker differently on different days. Miners need to know what puts them at risk, what they can do to reduce their risk, and how to recognize and respond to the signs of heat-related illness.

The core of this training is Activities 1 & 2, where learners assess the risk of heat-related illness for fictional crew members and determine appropriate first aid based on crew member symptoms. Six characters are included in the module. Instructors can create additional characters to expand the module or target a specific audience. Keeping Cool also includes an interview with a worker and supervisors regarding a heat-related incident, along with a section explaining the impact heat has on the body.

The module was designed to be led by an instructor with an active training approach where participants are guided through practice activities at the start of the session. However, the training would also be valuable when reviewed by individual learners.



Software (Web) - March 2023

Version: 1.0

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