

NIOSH Heat Stress Training for Employers of Outdoor Workers

Form Approved
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Pre-Test

A. Knowledge

| True or False | True | False | Unsure |
|---|-----------------------|-----------------------|-----------------------|
| Some medications may affect tolerance to the heat | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Victims always stop sweating with heat stroke. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Dark, infrequent urination may mean dehydration | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| High temperature and humidity are the only risk factors for heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Taking a break in the air conditioning will ruin your acclimatization | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Having a previous heat-related illness puts you at higher risk for another heat-related illness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Salt tablets are an effective way to restore electrolytes lost during sweating | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Heat stroke is not always a medical emergency | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

B. Behavior Intentions

| 30f. Thinking about the next 6 months, on a scale from 1 to 10, where 1 is <i>not at all likely</i> and 10 is <i>extremely likely</i> , how likely are you to do the following at your workplace? | Not at all likely 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Extremely likely 10 |
|---|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|------------------------|
| Use an acclimatization program | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Provide annual heat stress training for workers | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Ensure workers take rest breaks | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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| | | | | | | | | | | |
|---------|--|--|--|--|--|--|--|--|--|--|
| workers | | | | | | | | | | |
|---------|--|--|--|--|--|--|--|--|--|--|

For 30f, if you selected 1-5 for any of the activities, are there particular reasons? Please describe.

| |
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C. Self-efficacy

| 46f. How confident are you that you can do the following at work? | Not at all confident | Slightly confident | Moderately confident | Very confident | Extremely confident |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Make a difference regarding heat stress safety at my workplace. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Know the signs and symptoms of heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Distinguish between heat exhaustion and heat stroke | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Administer first aid for heat-related illnesses at my workplace | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Know when to contact emergency medical services for a heat-related illness | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Know what to do if one of my workers became ill because of the heat | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Protect my workers from heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Train my workers to recognize signs and symptoms of heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Train my workers about risk factors for heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Train my workers on first aid for heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

D. Attitudes

| | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
|--|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 47f. I think that heat stress at work is a critical issue. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 48f. Employers should make a strong effort to do something about heat stress at their workplace. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I have received sufficient training on: | Strongly disagree | Disagree | Neutral | Agree | Strongly agree |
| Recognition of signs and symptoms of heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| First aid for heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Environmental risk factors for heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Personal risk factors for heat-related illnesses | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Proper hydration | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Additional heat burden caused by exertion, clothing, and PPE | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Acclimatization (how to achieve and maintain) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Using a work/rest schedule | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |