

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	☐	☐	☐
Victims always stop sweating with heat stroke.	☐	☐	☐
Dark, infrequent urination may mean dehydration	☐	☐	☐
High temperature and humidity are the only risk factors for heat-related illnesses	☐	☐	☐
Taking a break in the air conditioning will ruin your acclimatization	☐	☐	☐
Having a previous heat-related illness puts you at higher risk for another heat-related illness	☐	☐	☐
Salt tablets are an effective way to restore electrolytes lost during sweating	☐	☐	☐
Heat stroke is not always a medical emergency	☐	☐	☐

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	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Provide annual heat stress training for workers	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ensure workers take rest breaks	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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workers										
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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.	☐	☐	☐	☐	☐
Know the signs and symptoms of heat-related illnesses	☐	☐	☐	☐	☐
Distinguish between heat exhaustion and heat stroke	☐	☐	☐	☐	☐
Administer first aid for heat-related illnesses at my workplace	☐	☐	☐	☐	☐
Know when to contact emergency medical services for a heat-related illness	☐	☐	☐	☐	☐
Know what to do if one of my workers became ill because of the heat	☐	☐	☐	☐	☐
Protect my workers from heat-related illnesses	☐	☐	☐	☐	☐
Train my workers to recognize signs and symptoms of heat-related illnesses	☐	☐	☐	☐	☐
Train my workers about risk factors for heat-related illnesses	☐	☐	☐	☐	☐
Train my workers on first aid for heat-related illnesses	☐	☐	☐	☐	☐

D. Attitudes

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