

# NIOSH Heat Stress Training for Employers of Outdoor Workers

## Post-Test #1

### 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. Behavioral 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<br>1 | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     | 8                     | 9                     | Extremely likely<br>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"/>  |
| Ensure workers are hydrating properly                                                                                                                                                             | <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"/>  |

Public reporting burden of this collection of information is estimated to average 20 mins per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to - CDC/ATSDR Reports Clearance Officer; 1600 Clifton Road NE, MS H21-8, Atlanta, Georgia 30333 ATTN: PRA (0920-1154).

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

### 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. I should make a strong effort to do something about heat stress at my workplace. | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>I have received sufficient training on:</b>                                        | <b>Strongly disagree</b> | <b>Disagree</b>       | <b>Neutral</b>        | <b>Agree</b>          | <b>Strongly agree</b> |
| 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"/> |

## E. Satisfaction

|                                                  | Strongly disagree     | Disagree              | Neutral               | Agree                 | Strongly agree        |
|--------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How satisfied are you with this online training? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Do you have any recommendations for changes or improvements to this training?

What was the most beneficial part of this training?



### Post-Test #2 (administered 6 weeks later)

### 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. Behavioral Intentions

[illegible]

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

### 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 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

|                                                                                       |                          |                       |                       |                       |                       |
|---------------------------------------------------------------------------------------|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| issue.                                                                                |                          |                       |                       |                       |                       |
| 48f. I should make a strong effort to do something about heat stress at my workplace. | <input type="radio"/>    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <b>I have received sufficient training on:</b>                                        | <b>Strongly disagree</b> | <b>Disagree</b>       | <b>Neutral</b>        | <b>Agree</b>          | <b>Strongly agree</b> |
| 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"/> |