

Heat Resilience for Outdoor Worker

Duration	4 hours
Course Modules	1. Understand the effects of Singapore's hot and humid climate on the human body, especially during physical labour. 2. Recognize the symptoms of heat-related illnesses (e.g. heat cramps, heat exhaustion, heat stroke) and know when to seek medical help. 3. Apply simple daily practices to reduce heat stress, such as: ○ Taking regular breaks in shaded or ventilated areas ○ Drinking enough water throughout the day ○ Wearing lightweight, breathable clothing and hats 4. Use cooling resources and tools safely, including fans, cooling towels, and shade structures, both at work and in dormitories. 5. Understand the importance of hydration and be aware of the signs of dehydration; learn which beverages to avoid (e.g. very sugary or caffeinated drinks). 6. Know their rights and safety guidelines under Singapore's workplace safety regulations, including rest breaks and access to drinking water in high-heat conditions. 7. Practice good heat management in shared living spaces, such as: ○ Improving airflow with fans or open windows ○ Avoiding heat build-up from cooking or electronics 8. Help fellow workers by identifying and assisting anyone showing signs of heat stress, and knowing how to report unsafe conditions.
Language	English
Certification	A Certificate will be issued upon completion of the course
Methodology	• Discussion • Scenarios
Course information	Participants will define heat stress, list its impact on health and workplace safety, identify risk factors, and recall preventive measures, early warning signs of heat-related illnesses and first aid steps.