

## **AT018**

### **Heat and Cold / Lone Workers / Young Persons**

#### **Course Outline**

This course provides participants with a solid foundation in some particular working conditions and related hazards, with an emphasis on prevention and practical skills.

This course is classroom based; it is highly interactive with role- playing and practical examples to reinforce understanding and learning.

#### **Course Outcomes**

The course is designed to provide participants with the knowledge and awareness of specific hazards at workplace: heat and cold stress, lone working and safety risks for young persons.

This training course provides participants with the tools they need to prevent and treat heat and cold stress related injuries and emergency situations.

The aim of the course is also to raise skills with regards to the issues surrounding the prevention of risks and personal safety of young workers and lone workers, through proactive and practical strategies.



#### **Course Structure**

Total of 40 hours

Various Course Structure options made up of:

- Theory, and
- Practical

#### **Self-Study**

A reading list will be provided through handouts during the duration of the course.

Selection from;

- Oral Examination (30 minutes),
- Practical Examination (60 minutes) and
- Multiple Choice Examination (90minutes).

#### **Entry Requirements**

- Basic level of English (reading, understanding and spoken English)
- Basic knowledge of computer for research (MS Word and Internet Browsing)
- Basic numerical skills

## Learning Objectives

At the end of this course the candidate would have acquired:

- Know how to prevent heat stress related emergencies.
- An understanding of the importance of personal safety for lone workers.
- Knowledge of the risks that a person may face as a lone or young worker and ways to reduce these risks.
- An understanding of the rights and responsibilities regarding healthy and safe workplace practices.
- An understanding of how procedures co-operate with employer's safety and health.
- Ability to know and evaluate health and safety programs and implement procedures using basic risk assessment principles and processes.
- Understanding the correct method to manage prevention measures than can be taken to minimize risk in a workplace.
- Apply the principles of risk management to identify and control specific hazards.
- Apply principles of health and safety to particular working conditions with development of ingenious and innovative preventive measures.



- Identify heat related injuries such as heat stroke, heat exhaustion, heat cramps, fainting and heat rash.
- Identify symptoms for cold stress related injuries such as frostbite and hypothermia.
- Use tools and other equipment properly, in accordance with any relevant safety instructions and training they have been given.
- Report properly all accidents, injuries, near-misses and other dangerous occurrences.

## Certification

MQF Level 2 Accredited Certification by NCFHE

- No expiry date
- Refresher if there are changes in curriculum

## Who May Apply

- Workers
- Employers
- Self-employed
- Supervisors

**Further information**

Contact our training co-ordinator Ms. Yelenia Saliba

Mobile on 79413641 or Email at [yelenia.saliba@ameservices.com.mt](mailto:yelenia.saliba@ameservices.com.mt)

Discounted prices for groups

