



HEALTH, SAFETY AND SECURITY TRAINING

Heat Stress and Working in Extreme Conditions

2 day course

Classroom, online or in-house

Course overview

Heat kills workers in mines, on construction sites and inside vessels across this region every year, and it does so after a period during which the person was visibly struggling and nobody recognised what they were seeing. This course covers recognition and prevention. Delegates work through the body's heat balance and why humidity matters as much as temperature, the measurement of thermal conditions and the indices used to assess them, and acclimatisation, which is the single most effective control and the one most often skipped. Work rest cycles, hydration and the practical scheduling of hot work are covered. Recognising heat exhaustion and heat stroke and responding correctly is practised. The course closes on cold and altitude exposure and on emergency response.

What you will learn

- Explain heat balance and why humidity matters as much as temperature
- Measure thermal conditions and apply the assessment indices
- Run an acclimatisation programme for new and returning workers
- Design work rest cycles and hydration provision
- Schedule hot work practically around conditions
- Recognise heat exhaustion and heat stroke, and respond correctly
- Address cold and altitude exposure where relevant

Who should attend

- Safety officers and occupational health staff
- Supervisors on mines, construction and outdoor operations
- Confined space and vessel entry teams
- Human resources staff scheduling work
- Emergency responders and first aiders

Course outline

- 01 Visibly struggling and unrecognised
- 02 Heat balance and the role of humidity
- 03 Measurement and assessment indices
- 04 Acclimatisation
- 05 Work rest cycles and hydration
- 06 Scheduling hot work
- 07 Heat exhaustion and heat stroke
- 08 Cold, altitude and emergency response

Upcoming dates

Dates	Venue	Format	Fee per delegate
5 to 6 October 2026	Online	Online	R6,500
23 to 24 December 2026	Gaborone, Botswana	Classroom	R11,950
23 to 24 March 2027	Durban, South Africa	Classroom	R11,950

Fees and how to register

This 2 day course is **R6,500** per delegate online, **R11,950** in the classroom in South Africa, Botswana, Namibia,



Lesotho and Eswatini, and **USD 795** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriscience.co.za, or WhatsApp us on **+27 63 479 1136**.

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