



## Department-Approved Course Requirements: 1-Hour Protection from Sun Exposure

<b>Course Required for:</b>	<input checked="" type="checkbox"/> <b>Worker Training</b>
<b>Purpose:</b>	This course is a general elective course that can help fulfill the requirement for an individual applying for a Site Safety Training Card. <b>THIS IS AN AWARENESS LEVEL TRAINING ONLY and does not provide any other qualification or authorization outside of the Site Safety Training Card.</b>
<b>Duration:</b>	1 Hour of instructional time, excluding breaks
<b>Class Size:</b>	<b>1-40 Trainees</b>
<b>NYC Requirement:</b>	In order to continue to operate in the City of New York, the designated construction worker is required to complete a minimum number of hours of approved site safety training and to carry site safety identification cards as proof of completion of the training (As per New York City Local Law 196 of 2017 also known as 'LL196' or 'Local Law'). This course provides one hour towards the satisfaction of that requirement.
<b>Facility Requirements:</b>	<p>The Training Facility used by the Course Provider must:</p> <ul style="list-style-type: none"><li>• Have sufficient room to accommodate all expected attendees and the equipment needed to perform hands-on exercises where required as part of the course.</li><li>• Make provisions for the presentation of training material in all media types (computer, projectors, video/DVD players, etc.); and</li><li>• Comply with all applicable laws, rules and regulations relating to occupancy, zoning, egress, fire detection, fire suppression, light, ventilation, cleanliness, sanitary facilities, emergency notification and evacuation procedures.</li></ul> <p>Training may be held at construction sites, provided the above requirements are met.</p>
<b>Instructor Requirement:</b>	<p>To deliver this course the instructor(s) must demonstrate that he or she is credentialed or trained in instructional methods and learning processes. The instructor(s) must also successfully demonstrate his or her ability to solve or resolve problems relating to the subject matter by possession of a recognized degree, certificate, licensure or professional standing, or by extensive knowledge, training, and experience, in the subject matter being taught. To the extent that the course instructor(s) holds, or has held, a trade license issued by the Department, it must be in good standing and not be surrendered to, suspended by or revoked by the Department.</p> <p>The instructor(s) must also be authorized by the Occupational Safety and Health Administration ('OSHA') as a trainer(s) for its Construction and Outreach Program.</p>
<b>Curriculum Requirement:</b>	All <b>topics</b> listed under <b>Course Content Outline</b> must be covered using the listed <b>Instructional Delivery Method</b> . The time dedicated to each outline topic should be appropriate for the course content and can vary depending on the trade or job performed by the trainee. The <b>Instructional Delivery Materials</b> used in this course must contain all current applicable NYC Construction Code references, current rules, policies and bulletins.

**Course Curriculum  
Proposal Package  
Review:**

A comprehensive review will be performed by the **Department of Buildings** to determine compliance with these Course Curriculum Requirements.

**Instruction Delivery Method**

- Media:** Lecture/Discussion, Slide Presentation, Case Study of Fatality due to heat
- Handouts:** Slides, references and handbook
- Guided Learning:** Trainees looking information up in handbooks

**Course Content Outline**

1. Introduction
  - a. Instructor introduces topic and describes their qualifications and relevant experience for training this module.
  - b. Establish that all trainees can hear and fully understand you i.e. 'raise your hand if you fully understand me' or 'clap your hands if you fully understand me'
  - c. State basic classroom rules, bearings and decorum
    - i. Inform trainees of duration or training and breaks (if any)
    - ii. Remind trainees about limiting distractions (phone use, texting, sidebar conversations)
    - iii. Emergency procedures (location and means of egress, exits or other contingencies)
    - iv. Location of restrooms
  - d. Training Objectives and Expectations:
    - i. Trainees will become generally familiar with the effects of over exposure to heat and sunlight.
    - ii. Trainees will learn how ultraviolet (UV) rays change the structure of skin cells and how increased and unprotected exposure can lead to skin cancer.
    - iii. Trainees will learn how to protect and minimize exposure to excessive sunlight.
2. Illustrate, define and explain heat related disorders
  - a. Dehydration
  - b. Heat cramps
  - c. Heat exhaustion
  - d. Heat stroke
  - e. Overexertion
  - f. Disorientation
3. Increase Risk Factors
  - a. High temperature and humidity
  - b. Direct sun exposure
  - c. Heavy physical labor
  - d. No recent exposure to hot workplaces (acclimation)
  - e. Low liquid intake
  - f. Inappropriate clothing
  - g. Poor health or unfit for duty
  - h. Explain how many drugs increase sensitivity to sunlight and the risk of getting sunburn.

4. Controlling sun and heat related hazards and the steps Employers should take to protect workers from sun exposure, including Heat Hazard Assessment:
  - a. Keep hydrated
  - b. When possible, avoid scheduling outdoor work when sunlight exposure is the greatest
  - c. Provide shaded or indoor break areas
  - d. Describe the signs and symptoms of overexposure (heat stress, heat stroke)
  - e. Recommendations for Workers
  - f. Wear sunscreen with a minimum of SPF 15.
  - g. Describe appropriate clothing.
  - h. Safety glasses with almost 100% UV protection with side panels to prevent excessive sun exposure to the corners of the eyes.
  - i. Screening Criteria for ACGIH TLV and Action Limit for Heat Stress Exposure
5. Provide an example (or article) of a worker experiencing a heat related disorder in the workplace
  - a. Link: <https://www.lasvegasnow.com/news/construction-workers-beating-the-heat-in-treacherous-conditions/1257629491>
6. Resources:
  - a. Center for Disease Control [https://www.cdc.gov/disasters/extremeheat/heat\\_guide.html](https://www.cdc.gov/disasters/extremeheat/heat_guide.html)
  - b. American Cancer Society
    - i. <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection.html>
  - c. NIOSH: Occupational Exposure to Heat and Hot Environments (Revised):
    - i. <https://www.cdc.gov/niosh/docs/2016-106/pdfs/2016-106.pdf>
  - d. Worker's Rights (See OSHA: <https://www.osha.gov/Publications/OSHA3146.pdf>)
  - e. OSHA Regional Map: <https://www.osha.gov/html/RAmap.html>
7. Debriefing (Informal evaluation)
  - a. Guided by instructor, trainees, in a class discussion talk about the course's content and means of delivery and provide verbal feedback to the instructor.
  - b. Instructor takes notes (either committing them to writing during discussion or ascribing them later into noted-comments).
  - c. Instructor applies lessons learned from debriefing to future trainings.
8. Written (Multiple Choice) Assessment