



**1-day OH&S Training Course**  
Register by: March 19<sup>th</sup> 2009

**How to Develop a Hot Weather Plan**  
Date: Thursday April 2<sup>nd</sup> 2009

**In the Heart of St. Jacobs Country... at the Best Western St. Jacobs Country Inn, Waterloo**

**Some of the many discussion topics...**

- compliance requirements under the OH&S Act
- guidelines for thermal comfort & heat stress/strain
- workplace assessment, measures & surveys
- in-plant temperature measures & instrument options
- introduction to the accepted H&S measure ie WBGT
- basics of how to use a heat stress monitor
- an introduction to rating workloads
- the link between workloads & heat exposure limits
- example framework for a hot weather plan
- hot weather plan or heat stress control program?

Includes instrument "hands-on" basic workshop.  
Ask about on-site delivery &/or Part II!

**Schedule of Events**

- 7:00-9:00 a.m. Visit the Farmers Market!
- 9:00-12:00 a.m. Morning Session:  
Heat Stress Legislation & Guidelines  
In-plant Heat Measurements
- 12:00-1:00 p.m. Lunch, plus...  
Check out the Farmers Market!  
Shop at the Factory Outlet Mall!
- 1:00-4:00 p.m. Afternoon Session:  
Workload Ratings & Exposure Limits  
Framework of a Hot Weather Plan

To register, please complete & return this form along with payment...

\_\_\_\_\_  
Company Name

**COURSE FEES:**

\$325.00 + \$16.25 GST = \$341.25 per person per day  
Hot Weather Plan: \$341.25/person/day X \_\_\_\_\_ regs = \_\_\_\_\_

\_\_\_\_\_  
Address

**PAYMENT METHODS:**

Please make cheques payable to OSHTECH Incorporated.  
Credit cards accepted: VISA, MasterCard & American Express.

\_\_\_\_\_  
City

\_\_\_\_\_  
Postal Code

Total amount enclosed: \$\_\_\_\_\_

(\_\_\_\_\_) \_\_\_\_\_  
Phone

Card Type: \_\_\_\_\_

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Email address(es)

Expiry Date: \_\_\_\_\_

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Name of Registrant (s)

Card Holder: (name): \_\_\_\_\_

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Name of Registrant (s)

(signature): \_\_\_\_\_

Do you have a group of people at your workplace interested? Ask us about on-site delivery of a workplace-specific version of this course!

Please forward to: OSHTECH Incorporated, 279 Weber Street North, Suite 9, Waterloo, Ontario N2J 3H8

Inquiries may be directed to: Kevin Schouppe, email: [kschouppe@oshtechinc.com](mailto:kschouppe@oshtechinc.com); Phone: 519-883-4727

Registration: All registrations must be received by deadline indicated. Registration fees are refundable, subject to a \$50.00 cancellation fee, if written notice is received by our office a minimum of 10 business days prior to the training date. Beyond that only delegate substitution is permitted. We reserve the right to cancel, reschedule, or relocate seminars. All courses run from 9:00a.m. to 4:00 p.m. and include all instruction, course materials, continental breakfast, refreshment breaks, and lunch. Course materials are copyrighted by OSHTECH Incorporated. Unauthorized reproduction of OSHTECH Incorporated materials is prohibited. GST #137442836.