Training for firefighters must be planned so that they experience reasonably realistic situations in which they encounter the hazards likely to be met in operational incidents, whilst the risk of resultant injury is controlled and all unnecessary risks avoided. One hazard is that of high environmental temperature, which can present an acute risk of burn injury (eg through contact with hot debris) and a less acute risk of physiological heat stress; it is this latter risk which is addressed in this document. The guidance is based on a study of environmental temperatures during training sessions, together with the resultant body temperatures of those taking part. Measures outlined include: pre-exposure procedures; monitoring and control procedures during training; post-exposure control. An appendix describes the effects of heat on the body and heat-related disorders.

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Hereford and Worcester Fire and Rescue Service, Clive Shearman, Aug 1, 2007, , 160 pages. The combined counties of Hereford and Worcester have a twenty-seven fire stations and the fire and rescue service protects the community from a range of dangers, from fires to.

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