

# JRYM 427K: COLD STRESS PREVENTION

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Spring 2026
Units:	0
Hours:	1 lecture per quarter (1 total per quarter)
Prerequisite:	This course is limited to students employed with Cupertino Electric.
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

## Student Learning Outcomes

- Recognize signs and symptoms of cold stress and risk factors associated with cold stress
- Apply best practices for working in cold environments

## Description

This course covers topics related to the signs and symptoms of cold stress, risk factors, and cold stress prevention protocols and practices.

## Course Objectives

The student will be able to:

1. Identify the signs and symptoms of cold stress and recognize the associated risk factors.
2. Apply cold stress prevention protocols and practices in relevant environments.

## Course Content

1. Signs and symptoms of cold stress
2. Risk factors associated with cold stress
3. Cold stress prevention protocols
4. Best practices for working in cold environments
5. Applying prevention strategies on the job site

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

1. When taught in person, this training must be conducted in a clean classroom with internet access, necessary hardware and software, and course materials, if applicable.
2. When taught online, this course requires access to CEI's Learning Management System (Amplify), continuous access to a computer with

the necessary software and hardware to view video content, and a reliable intranet connection.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Quiz

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture

## Representative Text(s) and Other Materials

CEI EH&S program and applicable Fed/OSHA and/or Cal/OSHA standards, provided by Cupertino Electric.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

No assignments.

## Discipline(s)

Electricity