



# Heat Illness Prevention & Ladder Training

Wednesday, June 14, 2023  
8:00 a.m. - 3:00 p.m.

Northampton Police Department, 29 Center St, Northampton, MA 02108

Register [here](#)

Light breakfast and lunch will be provided

## AGENDA



### HEAT ILLNESS PREVENTION

- Background and Statistics
- Standards and Guidance
- Environmental and Personal Risk Factors
- Basics of Temperature and Humidity
- Outdoor and Indoor Heat Exposures
- Types of Heat Illnesses
- Prevention
- Recognition
- Response and Treatment
- Water. Rest. Shade.
- Questions and Answers



### LADDER SAFETY

- Background and Statistics
- Regulations and Standards
- Types of Ladders
- Duty Ratings
- Selection
- Inspection
- Use
- Storage
- Maintenance
- Disposal
- Questions and Answers

### ABOUT THE PRESENTER: KIMLEE LINDGREN



KimLee has enjoyed the safety and health profession for over 41 years. She currently works for the Massachusetts Municipal Association (MMA) as the MIIA Senior Risk Management Trainer. Prior to this position, she served as the Site Safety Officer for the South Coast Rail Project for the MBTA. And prior to that, she served as the Deputy Director for Occupational Health and Safety for the MBTA.

For 31 years, she has developed curriculum and conducting training nationwide for the OSHA Training Institute Education Centers. Her expertise is in construction and maritime with previous employment with general contractors, specialty contractors, general industry, insurance companies and trade associations. Kim is also a former compliance officer for Cal/OSHA. She is a Professional Member of the American Society of Safety Professionals (ASSP), past president of the San Diego Chapter and 2018 recipient of the ASSP Construction Safety Professional of the Year award.