



**Task Title: Heat-Related Illnesses Infographic**

OALCF Cover Sheet – Learner Copy

**Learner Name:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Successful Completion:** Yes  No

**Goal Path:** Employment  Apprenticeship

Secondary School  Post Secondary  Independence

**Task Description:**

Read an infographic to stay informed about the symptoms of heat-related illnesses.

**Main Competency/Task Group/Level Indicator:**

- Find and Use Information/Interpret documents/A2.1-A2.2

**Materials Required:**

- Pencil/pen and paper and/or computer/digital device

## Learner Information

Many jobs require workers to work outside throughout the year. During the summer months it is important for workers to be aware of heat-related illnesses. Staying informed about the symptoms of heat-related illness can prevent possible heat exhaustion and heat stroke. Scan the Heat-Related Illness infographic.

# Heat-Related Illness Watch for Signs

Heat-related illnesses can quickly progress from heat exhaustion to heat stroke – and even result in death.

## Heat Exhaustion



### Take Action

**Move** to a cooler, shaded location.

**Remove** as much clothing as possible (socks and shoes too).

**Cool down** by applying cool wet cloths or ice to your head, face or neck. Spray yourself with cool water.

**Drink** water, clear juice, or a sports drink.

**Get medical aid** if you don't start to feel better.

**Have** someone stay with you until help arrives.

## Heat Stroke



### Call 911 immediately; this is a medical emergency.

**Stay** with the person until help arrives.

**Move** to a cooler, shaded location.

**Remove** as much clothing as possible (socks and shoes too).

**Wet** the person's skin and clothing with cool water.

**Apply** cold, wet cloths or ice to head, face, neck, armpits, and groin.

**Offer** sips of water, but do not force the person to drink.

## Work Sheet

**Task 1: How can heat-related illnesses quickly progress?**

Answer:

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**Task 2: Identify 4 symptoms of heat exhaustion.**

Answer:

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**Task 3: Identify 3 actions to take if someone is experiencing heat exhaustion.**

Answer:

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**Task 4: Identify 4 symptoms of a heat stroke.**

Answer:

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**Task 5: Identify 3 actions to take if someone is experiencing heat stroke.**

Answer:

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**Task 6: Which symptoms are the same for heat exhaustion and heat stroke?**

Answer:

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