



Task Title: Heat-Related Illnesses Infographic

OALCF Cover Sheet – Practitioner 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:

Task 2: Identify 4 symptoms of heat exhaustion.

Answer:

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

Answer:

Task 4: Identify 4 symptoms of a heat stroke.

Answer:

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

Answer:

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

Answer:

Answers

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

Answer: Heat-related illnesses can progress from heat exhaustion to a heat stroke and even death.

Task 2: Identify 4 symptoms of heat exhaustion.

Answer: Any 4 of the following:

- Heavy sweating
- Cold, pale, moist skin
- Fatigue, weakness
- Intense thirst
- Nausea, headache
- Confusion, dizziness
- Fast shallow breathing
- Muscle cramps

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

Answer: Any 3 of the following:

- 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.

Task 4: Identify 4 symptoms of a heat stroke.

Answer: Any 4 of the following:

- Hot, dry skin or profuse sweating
- Loss of consciousness
- Very high body temperature
- Throbbing headache
- Confusion, difficulty speaking
- Hallucinations, strange behaviour

Task Title: Heat-RelatedIllnessesInfographic_EA_A2.1_A2.2

- Seizures
- Nausea vomiting

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

Answer: Any 3 of the following:

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

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

Answer:

- Nausea
- Headache
- Confusion
- Sweating

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A2.1	Scans to locate specific details			
A2.1	Interprets brief text and common symbols			
A2.1	Locates specific details in simple documents			
A2.2	Performs limited searched using one or two criteria			
A2.2	Makes connections between parts of documents			
A2.2	Uses layout to locate information			

Task Title: Heat-RelatedIllnessesInfographic_EA_A2.1_A2.2

This task: Was successfully completed Needs to be tried again

Learner Comments:

Instructor (print):

Learner (print):
