

Task Title: Heat-Related Illnesses Infographic

# OALCF Cover Sheet – Practitioner Copy

**Learner Name:**

**Date Started:**

**Date Completed:**

|  |  |  |
| --- | --- | --- |
| **Goal Path:** | Employment | Apprenticeship |
| Secondary School | Post Secondary | Independence |

**Successful Completion:**  Yes No 

**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.

A poster showing how to use a heat stroke

Description automatically generated

# 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
* 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 |  |  |  |

This task: Was successfully completed Needs to be tried again 

Learner Comments:

Instructor (print): Learner (print):