



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.

A w a r e n e s s

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

The Heat Exhaustion infographic features a central circular diagram with a person's head and neck. Eight segments radiate from the center, each containing a sign: heavy sweating, cold, pale, moist skin, fatigue, weakness, intense thirst, nausea, headache, confusion, dizziness, fast, shallow breathing, and muscle cramps. To the right of the diagram is a box titled 'Take Action' containing five steps: 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; and Get medical aid if you don't start to feel better. Have someone stay with you until help arrives.

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

The Heat Stroke infographic features a central circular diagram with a person lying down and a red cross. Eight segments radiate from the center, each containing a sign: hot, dry skin or profuse sweating, loss of consciousness, very high body temperature, throbbing headache, confusion, difficulty speaking, hallucinations, strange behaviour, and seizures, nausea, vomiting. To the right of the diagram is a box titled 'Call 911 immediately; this is a medical emergency.' followed by five steps: 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; and 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.

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.

**CCOHS.ca**
Canadian Centre for Occupational Health and Safety

1-800-668-4284

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:
