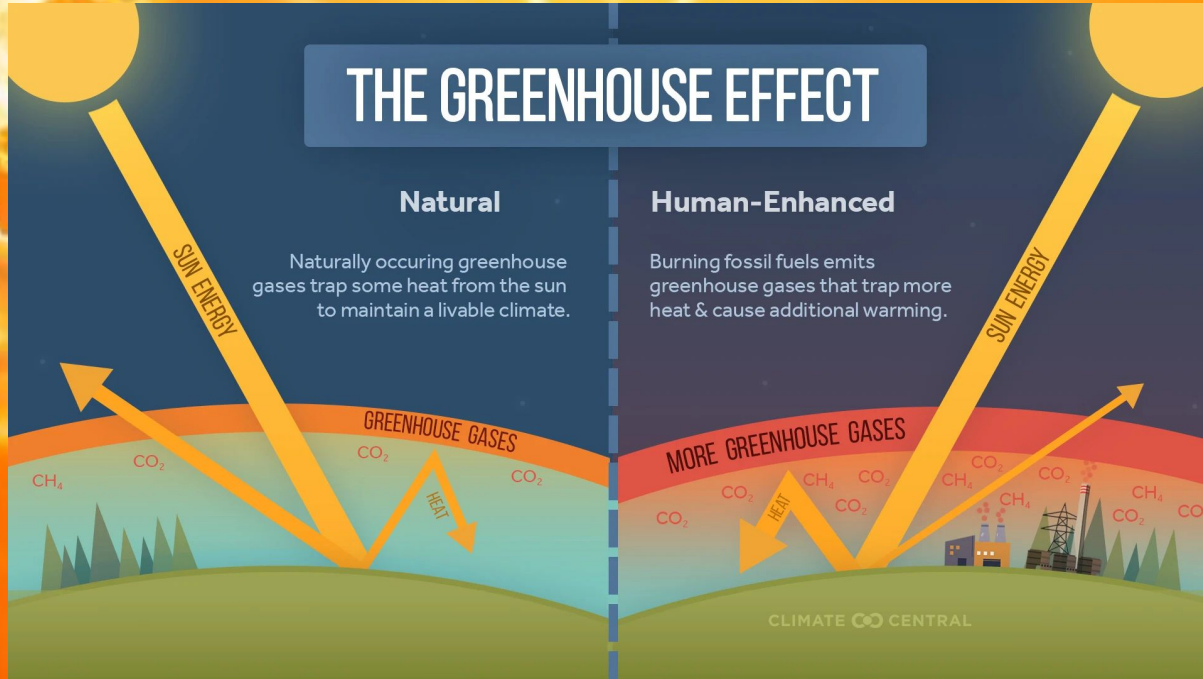


Working in the Heat:

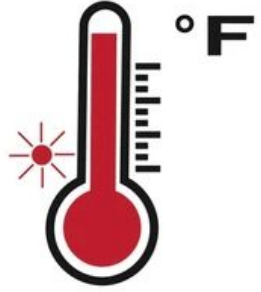
 **Climate Change & Outdoor Worker Safety**

Human Activities → Climate Change → Extreme Heat



- Burning fossil fuels (coal, oil, gas) adds greenhouse gases to the atmosphere
- These gases trap heat, causing **global warming**
- Warmer temperatures lead to **more frequent and intense heat waves**

Visual Prompt: Workers in Extreme Heat



Discussion Questions

Think quietly about these questions for 1 minute

- Have you ever seen someone working outside on a really hot day, and what were they doing?
- What do you think it's like to work in that heat every day
- How do you feel when it's 90+ degrees and you're outside for a long time

Turn in your notecard to Mrs. White



What Happens to Our Bodies in the Heat?

When our bodies get hot:

- We start to sweat to cool down
- Our heart beats faster to move blood to our skin
- We can get tired more quickly
- We need more water than usual



Simple Cause and Effect: Heat → Sweat → Tired → Sick?

Heat-Related Illnesses

Three main problems that can happen when working in hot weather:

Heat Cramps

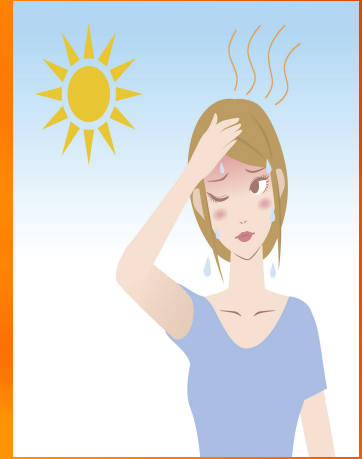
- Painful muscle cramps
- Heavy sweating
- Tiredness

Heat Exhaustion

- Headache and dizziness
- Cool, moist skin
- Fast heartbeat
- Nausea or vomiting

Heat Stroke (Most Serious!)

- Very high body temperature
- Red, hot, dry skin
- Confusion
- Possible unconsciousness



Extreme Heat → Health Risks for Outdoor Workers

Longer, hotter summers increase risk of **heat exhaustion and heat stroke**

Outdoor workers face **more days of dangerous temperatures**

Climate change also worsens **air quality**, adding stress to the body

Vulnerable workers may lack access to **shade, water, or rest breaks**



Why It Matters

- Climate change isn't just a
- bout the planet—it affects **real people**
- Protecting workers means **reducing emissions** and **improving safety policies**

Call to Action: “Speak up for safety. Speak up for climate solutions.”



What Did We Learn?

- Hot weather affects people working outdoors
- Our bodies respond to heat through sweating and other changes
- Heat can cause different levels of illness from mild to serious
- Workers use specific strategies to stay safe in the heat
- We can help by being aware and offering water

Class Activity: Card Sort and poster creation on heat illness and prevention.

[Working in the Heat Teacher Guide and Cards.pdf](#)

Transition: Next we're going to learn how climate change is making this problem worse and how we can use our voices to help protect the people who keep our communities moving