

# Working in the Heat: Teacher's Guide and Activity Cards

## Lesson Overview

In this activity, students explore the causes, effects, and prevention of heat-related illnesses. Using matching cards, they will connect real-world heat exposure risks to safe work and play habits. The goal is to help students recognize how environmental conditions and personal choices affect health and safety.

## Learning Objectives

- Identify common causes and symptoms of heat-related illness.
- Distinguish between prevention strategies and risk factors.
- Explain the importance of hydration, rest, and shade in hot conditions.

## Background Information

Working or playing in hot environments puts stress on the body. Heat illness can range from mild heat exhaustion to life-threatening heat stroke. Risk factors include direct sun, dehydration, and overexertion. Recognizing early symptoms and taking preventive actions can save lives.

## Activity Instructions

- 1 Divide students into small groups of 3–4.
- 2 Give each group a full set of cards (Causes, Effects, Prevention).
- 3 Ask them to sort and match cards into three categories.
- 4 Discuss group reasoning and correct matches as a class.
- 5 Optionally, have students create one new 'Blank' card with their own example.

## Discussion & Reflection

- How can your body warn you that you're overheating?
- Why do certain clothing choices make you hotter?
- What would you do if a classmate or coworker felt faint in the heat?
- How can weather forecasts help you plan safe outdoor work or play?

## Assessment Ideas

- Quick Check: Ask students to give one example of a cause, effect, and prevention method.
- Exit Ticket: Write one sentence explaining why drinking water helps prevent heat illness.
- Extension: Create a poster or PSA about staying safe in the heat.

## Answer Key (Card Matches)

**Causes:** Working in direct sunlight; Wearing heavy or dark clothing; Doing hard physical work; Not drinking enough water; Hot, humid weather; Sweating a lot.

**Effects:** Feeling tired or weak; Getting muscle cramps; Feeling dizzy or sick; Having hot, red skin; Confusion or fainting.

**Prevention:** Drink water often; Take breaks in the shade; Wear light-colored, loose clothes; Use sunscreen and a hat; Work early or late in the day; Help others who feel sick.

## Safety Reminders

Always take breaks when it's hot. Stay hydrated and check on others who might be struggling. Heat safety is everyone's responsibility—small steps like drinking water and resting can prevent serious illness.

Causes

Working in direct sunlight

Causes

Wearing heavy or dark clothing

Causes

Doing hard physical work

Causes

Not drinking enough water

Causes

Hot, humid weather

Causes

Sweating a lot

Effects

Feeling tired or weak

Effects

Getting muscle cramps

Effects

Feeling dizzy or sick

Effects

Having hot, red skin

Effects

Confusion or fainting

Prevention

Drink water often

Prevention

Take breaks in the shade

Prevention

Wear light-colored, loose clothes

Prevention

Use sunscreen and a hat

Prevention

Work early or late in the day

Prevention

Help others who feel sick