

Heat Stress Demonstration

First-aid role play

Objectives:

Use this role-play exercise to reinforce the health hazards of heat stress, and enable employees to see how they'd respond to a situation where someone needed first aid for heat-related symptoms.

Before the exercise, write out heat stress scenarios on individual slips of paper. Place these in a jar or box for volunteer "victims" to draw from.

- The scenarios can be "acted out" with the employees seated around a table or by having the "actors" in front of the class, depending on the group. Hands-on first aid will not be required.
- Divide the group into volunteer "victims" and "first aiders." A "first aider" should be assigned to each "victim." For smaller groups, have the trainees take turns being "victims" with the entire group working together as the "first aider." Have the first "victim" draw a scenario from the jar or box. The scenario will first set the scene. The "victim" should read the description of the setting to the class. The scenario next describes symptoms that the "victim" is experiencing. The "victim" should gradually reveal the symptoms to the "first aider" through conversation or actions that are appropriate to the situation. The "first aider" asks the "victim" questions to try to determine the problem, and suggests first aid.
- The scenarios can be for situations encountered both at work and at home. For example, one scenario could be a "victim" who is a child at a playground with one of his or her parents (the "first aider"). The child could be complaining of feeling tired, but is mostly annoyed with all of the "bug bites" on the back of his or her neck. Through asking questions, the "first aider" would find out that the "victim" has heat rash.
- In another example, the "victim" could be an employee who is calling in sick because of severe muscle pain and cramps in his or her shoulders and neck. In this case, the "first aider" would be the employee's supervisor who finds out that the worker spent the previous shift installing ventilation equipment on the building's roof. Because of the heavy work in the heat, the "first aider" suspects that the "victim" has developed heat cramps.

Works Well With:

- Groups of about 8 to 12 employees.

Materials Required:

- Scenarios written on individual slips of paper and placed in a jar or box for volunteer "victims" to draw randomly.

Preparation Time:

- About an hour to write up scenarios for "victims."

