# Lotería

Learn about heat-related illnesses through a traditional game of chance, similar to bingo but using pictures instead of numbers.

### Materials Supplied:

* 6 Loteria playing boards
* 27 Lotería playing cards

### Materials Needed:

* Tokens such as coins – 9 per player

### Preparation:

1. Print out the six playing boards and the three pages of playing cards.
2. For repeated use, print the playing boards and playing cards on card stock paper or have them laminated.
3. Each sheet of playing cards contains nine individual playing cards. Cut the sheets along the black lines, giving nine individual cards per sheet for a total of 27 individual playing cards.

### Playing the Game:

1. You can play multiple versions of the game. Decide if you are going to play three across, four corners or coverall.
2. Give each player a playing board and tokens. You will need 9 tokens per player if you are playing coverall.
3. Shuffle the playing cards.
4. Read the description on the playing card, not the title. For example, the playing card for **Heat Stroke** has “Heat Stroke” in the white title box and the definition: “A medical emergency with a dramatic rise in body temperature” given below the title box.
5. Each player must identify the picture or phrase on their playing card that corresponds to the description and cover the space with the token.
6. If the player has the correct number of spaces covered (3, 4 or all 9 for coverall), they should call out Lotería.
7. Check to see if the player who called out Lotería correctly identified the pictures and phrases. If so, they are the winner.
8. You can continue the game for more winners or begin again.
9. If the player claims Lotería and they are incorrect, they are disqualified from that round.



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| **Heat Exhaustion** | **Light-Colored Clothing**  This is a picture of a light-colored, loose-fitting men's work shirt. This is a picture of a woman calling 911 on her cell telephone. | **Call 911** |
| This is a longsleeved black t-shirt.  **Dark-Colored Clothing** | **Direct Sun**  This is a picture of the sun. | This is a picture of a woman trimming trees and wearing a sun hat.  Wear a Hat |
| This is a picture of a standing fan that could cool workers.  **Fan** | This is a picture of a tube of sunscreen.This is a picture of a spray can of sunscreen.  **Sunscreen** | This is a picture of a coffee mug.  **Caffeine** |

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| **Light-Colored Clothing**  This is a picture of a light-colored, loose-fitting men's work shirt. | This is a picture of a woman suffering from heat exhuastion with cold compresses placed on her to help cool her down.  **Cold Compresses** | **Direct Sun**  This is a picture of the sun. |
| **Take Frequent Breaks** | This is a picture of a woman looking ill from hyponatremia. She is pale and unsteady, and someone is helping her sit down.  **Hyponatremia** | This is a picture with a wide brim and a sun shade.  **Hard Hat with Sun Shade** |
| This is a picture of someone who has collapsed from heat stroke. | This is a picture of an industrial umbrella and a stand.This is a picture of a man outside having a heat cramp in his leg.  Industrial Umbrella  **Heat Stroke** | **Heat Cramps** |

This is a picture of a worker taking a break and drinking a sports drink.


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| **Sunglasses**  This is a picture of safety sunglasses. | **Call 911**  This is a picture of a woman calling 911 on her cell telephone. | **Fan**  This is a picture of a standing fan that could cool workers. |
| This is a picture of a woman showing the signs of heat exhaustion.  **Heat Exhaustion** | **Dark-Colored Clothing**  This is a longsleeved black t-shirt. | This is a picture of a landscape worker working outside in the heat.  **Acclimatize** |
| **Heat Cramps** | This is a picture with a wide brim and a sun shade.  **Hard Hat with Sun Shade** | This is a picture of a lunchbox filled with salty snacks such as peanuts and pretzels.  **Salty Snacks** |



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| **High Temperatures**  Thermometer showing high temperatures. | **Sunscreen**  This is a picture of a spray can of sunscreen.This is a picture of a tube of sunscreen. | This is a picture of someone who has collapsed from heat stroke.  **Heat Stroke** |
| **Drink Plenty of Fluids** | This is a picture of a 5 gallon water cooler.  **Water Cooler** | This is a picture of a cooling band that can be worn around your neck.  **Cooling Band** |
| This is a picture of a pop up shade structure. | This is a picture of a lunchbox filled with salty snacks such as peanuts and pretzels.  **Salty Snacks**  **Shade Structure** | This is a picture of three common sports drinks.  **Sports Drinks** |



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| **Ball Cap**  This is a picture of a red ball cap. This is a picture of a worker taking a break and drinking a sports drink. | **Take Frequent Breaks** | This is a picture of a woman trimming trees and wearing a sun hat.  Wear a Hat |
| This is a picture of three common sports drinks.  **Sports Drinks** | This is a picture of a woman experience heat exhaustion with cold compresses on her to help her cool down.This is a picture of a worker drinking a sports drink.  **Cold Compresses** | **Drink Plenty of Fluids** |
| This is a picture of a cooling band that can be worn around your neck.  **Cooling Band** | This is a picture of a 5 gallon water cooler.  **Water Cooler** | This is a picture of a pop up shade structure.  **Shade Structure** |

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| **Sunglasses**  This is a picture of safety sunglasses. | This is a picture of a 5 gallon water cooler.  **Water Cooler** | **Cooling Safety Vest**  This is a picture of a high visibility safety vest that incorporates cooling materials. |
| This is a picture of a woman trimming trees and wearing a sun hat.  Wear a Hat | **Shade Structure**  This is a picture of a pop up shade structure. | This is a picture of the sun.  **Direct Sun** |
| Industrial Umbrella  This is a picture of an industrial umbrella and a stand. | This is a picture of someone who has collapsed from heat stroke.  **Heat Stroke** | This is a picture of three common sports drinks.  **Sports Drinks** |

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| This is a picture of a landscape worker working outside in the heat. **Becoming more tolerant of heat by gradually increasing time worked in hot areas over a period of 7 to 14 days.**  **Acclimatize** | **These hats have a wide front brim but do not protect the neck and ears from the sun.**  **Ball Cap**  This is a picture of a red ball cap. | **This substance is often found in coffee, teas and sodas and may increase your risk for dehydration when working in extreme heat.**  **Caffeine**  This is a picture of a coffee mug. |
| **Heat stroke is a medical emergency and you should immediately call this number.**  **Cooling Band**  **Call 911**  This is a picture of a woman calling 911 on her cell telephone. | This is a picture of a woman experience heat exhaustion with cold compresses on her to help her cool down. **Workers suffering from heat stroke can be cooled with these placed on the head, neck, armpits and groin.**  **Cold Compresses** | This is a picture of a cooling band that can be worn around your neck. **Wet this and place it around your neck to help you stay cool.**  **Cooling Band** |
| This is a picture of a high visibility safety vest that incorporates cooling materials.**This type of vest uses evaporative cooling to keep you cool on the job.**  **Cooling Safety Vest** | This is a longsleeved black t-shirt.**Working in this increases your risk of heat-related illnesses especially when it is tight-fitting.**  **Dark-Colored Clothing** | This is a picture of the sun.**Working in this rather than in the shade increases your risk of heat-related illnesses.**  **Direct Sun** |

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| This is a picture of a worker drinking a sports drink.**You should do this when working in heat to avoid dehydration**.  **Drink Plenty of Fluids** | **This can be used to circulate air and help keep workers cool especially indoors.**  **Fan**  This is a picture of a standing fan that could cool workers. | **Wear this when you need to protect their head from injury and are working in the direct sun.**  **Hard Hat with Sun Shade**  This is a picture with a wide brim and a sun shade. |
| **Muscle cramps or spasms that can be caused by the loss of electrolytes from heavy sweating.**  **Heat Exhaustion**  **Heat Cramps**  **Cooling Band**    Loss of electrolytes in sweat  This is a picture of a man outside having a heat cramp in his leg. | **This is a picture of a woman showing the signs of heat exhaustion.A heat-related illness which may include heavy sweating and pale, cool and clammy skin.** | **A medical emergency with a dramatic rise in body temperature that can be fatal.**  **Heat Stroke**  This is a picture of someone who has collapsed from heat stroke. |
| **Working in these along with high humidity increases your risk of heat-related illnesses, especially if you are not acclimatized.**  **High Temperatures**  Thermometer showing high temperatures. | **A heat-related illness caused by drinking too much water and losing too much salt through sweating.**  **Hyponatremia**  This is a picture of a woman looking ill from hyponatremia. She is pale and unsteady, and someone is helping her sit down. | This is a picture of an industrial umbrella and a stand.**This is a portable lightweight method of providing shade usually for one person.**  **Industrial Umbrella** |

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| This is a picture of a light-colored, loose-fitting men's work shirt. **This is often the best type of clothing to wear when working in heat especially if it is loose-fitting and allows air movement.**  **Light-Colored Clothing** | **Eat these to help replace the sodium lost from sweating.**  **Salty Snacks**  This is a picture of a lunchbox filled with salty snacks such as peanuts and pretzels. | This is a picture of a pop up shade structure.**When no shade is available, this structure can provide shade for you and your coworkers.**  **Shade Structure** |
| **Drink these when working in hot areas to help replace electrolytes lost from sweating.**  **Cooling Band**  **Sports Drinks**  This is a picture of three common sports drinks. | This is a picture of safety sunglasses.**Wear these to protect your eyes from the sun’s ultraviolet rays.**  **Sunglasses** | **Apply this regularly to avoid sunburn.**  **Sunscreen**  This is a picture of a tube of sunscreen.This is a picture of a spray can of sunscreen. |
| This is a picture of a worker taking a break and drinking a sports drink.**When working in a hot area you should do this frequently preferably in the shade or a cool area.**  **Take Frequent Breaks** | This is a picture of a 5 gallon water cooler.**Having one of these at your worksite is a good way to provide cool water to employees.**  **Water Cooler** | **This is a picture of a woman trimming trees and wearing a sun hat.Do this to keep direct sun off your head and help prevent heat-related illnesses.**  **Wear a Hat** |