

# 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.

**Heat Exhaustion**



**Light-Colored Clothing**



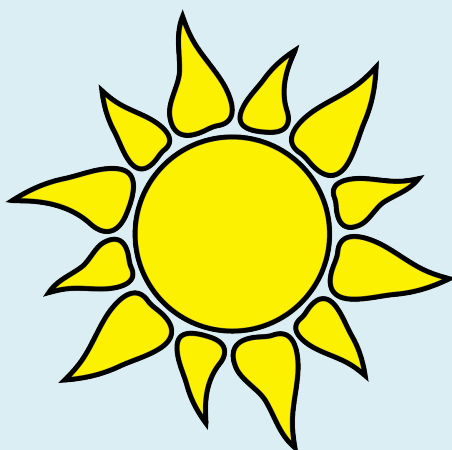
**Call 911**



**Dark-Colored Clothing**



**Direct Sun**



**Wear a Hat**



**Fan**



**Sunscreen**



**Caffeine**



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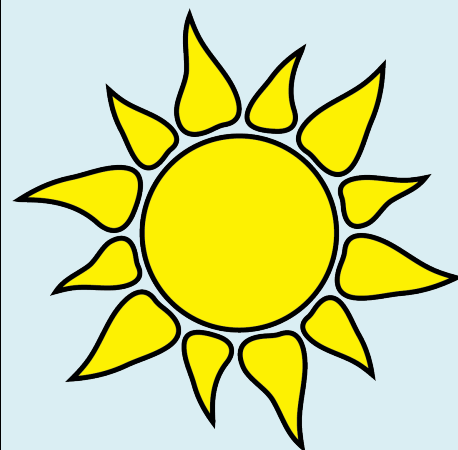
**Light-Colored Clothing**



**Cold Compresses**



**Direct Sun**



**Take Frequent Breaks**



**Hyponatremia**



**Hard Hat with Sun Shade**



**Heat Stroke**



**Industrial Umbrella**



**Heat Cramps**





**Sunglasses**



**Call 911**



**Fan**



**Heat Exhaustion**



**Dark-Colored Clothing**



**Acclimatize**



**Heat Cramps**



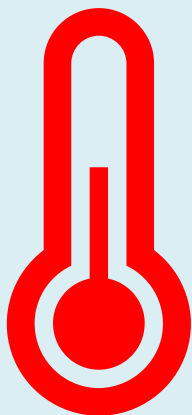
**Hard Hat with Sun Shade**



**Salty Snacks**



### High Temperatures



### Sunscreen



### Heat Stroke



### Drink Plenty of Fluids



### Water Cooler



### Cooling Band



### Shade Structure



### Salty Snacks



### Sports Drinks





**Ball Cap**



**Take Frequent Breaks**



**Wear a Hat**



**Sports Drinks**



**Cold Compresses**



**Drink Plenty of Fluids**



**Cooling Band**



**Water Cooler**



**Shade Structure**



**Sunglasses**



**Water Cooler**



**Cooling Safety Vest**



**Wear a Hat**



**Shade Structure**



**Direct Sun**



**Industrial Umbrella**



**Heat Stroke**



**Sports Drinks**





**Acclimatize**

Becoming more tolerant of heat by gradually increasing time worked in hot areas over a period of 7 to 14 days.

**Ball Cap**

These hats have a wide front brim but do not protect the neck and ears from the sun.

**Caffeine**

This substance is often found in coffee, teas and sodas and may increase your risk for dehydration when working in extreme heat.

**Call 911**

Heat stroke is a medical emergency and you should immediately call this number.

**Cold Compresses**

Workers suffering from heat stroke can be cooled with these placed on the head, neck, armpits and groin.

**Cooling Band**

Wet this and place it around your neck to help you stay cool.

**Cooling Safety Vest**

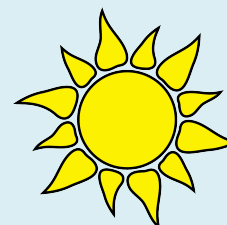
This type of vest uses evaporative cooling to keep you cool on the job.

**Dark-Colored Clothing**

Working in this increases your risk of heat-related illnesses especially when it is tight-fitting.

**Direct Sun**

Working in this rather than in the shade increases your risk of heat-related illnesses.





**Drink Plenty of Fluids**

**You should do this when working in heat to avoid dehydration.**

**Fan**

**This can be used to circulate air and help keep workers cool especially indoors.**

**Hard Hat with Sun Shade**

**Wear this when you need to protect their head from injury and are working in the direct sun.**

**Heat Cramps**

**Muscle cramps or spasms that can be caused by the loss of electrolytes from heavy sweating.**

**Heat Exhaustion**

**A heat-related illness which may include heavy sweating and pale, cool and clammy skin.**

**Heat Stroke**

**A medical emergency with a dramatic rise in body temperature that can be fatal.**

**High Temperatures**

**Working in these along with high humidity increases your risk of heat-related illnesses, especially if you are not acclimatized.**

**Hyponatremia**

**A heat-related illness caused by drinking too much water and losing too much salt through sweating.**

**Industrial Umbrella**

**This is a portable lightweight method of providing shade usually for one person.**



### Light-Colored Clothing

This is often the best type of clothing to wear when working in heat especially if it is loose-fitting and allows air movement.



### Salty Snacks

Eat these to help replace the sodium lost from sweating.



### Shade Structure

When no shade is available, this structure can provide shade for you and your coworkers.



### Sports Drinks

Drink these when working in hot areas to help replace electrolytes lost from sweating.



### Sunglasses

Wear these to protect your eyes from the sun's ultraviolet rays.



### Sunscreen

Apply this regularly to avoid sunburn.



### Take Frequent Breaks

When working in a hot area you should do this frequently preferably in the shade or a cool area.



### Water Cooler

Having one of these at your worksite is a good way to provide cool water to employees.



### Wear a Hat

Do this to keep direct sun off your head and help prevent heat-related illnesses.

