

Heat-Related Illnesses: Prepare! Stay Safe! Survive!

July 10, 2026

10:00-11:30am MT

This session will provide participants with practical information on how to recognize, prevent, and respond to heat-related illnesses, including heat cramps, heat exhaustion, and heat stroke.

Participants will learn how heat affects the body, what warning signs to look for, and when to call EMS/9-1-1. The session will also highlight simple first aid steps such as cooling the person, moving them out of the heat, loosening tight clothing, and providing fluids when safe to do so.



Learning Outcomes:

- Identify the different types of heat-related illnesses, including heat cramps, heat exhaustion, and heat stroke
- Recognize key warning signs, such as muscle cramps, moist or flushed skin, intense thirst, headache, nausea, dizziness, weakness, confusion, hot dry skin, rapid breathing, seizures, or loss of responsiveness
- Apply basic first aid steps for heat-related illnesses, including moving the person to a cooler place, loosening tight clothing, and calling 9-1-1 when needed

Speakers:

Sumer Lalli - Sumer is a Master of Science in Global Health student at McMaster University, and is a graduate of McMaster University's Life Sciences Program.

Lesley-Anne Clements - Sr. Manager for the Injury Prevention team, which falls under the Indigenous Programs umbrella, and has been with the Red Cross as a staff for about 15 years



Target Audience: Community members, caregivers, youth leaders, families, Elders, outdoor workers, camp staff, recreation staff, emergency preparedness volunteers, and anyone who may support others during hot weather

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22972>

To access this session from zoom:

<https://fntn.zoom.us/j/83267424212>

Meeting ID: 832 6742 4212

Passcode: 746072

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:

1-587-328-1099

Meeting ID: 832 6742 4212

Passcode: 746072



First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



@FNTNAB



To join via internet browser

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 832 6742 4212
3. Passcode: 746072
4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:
<https://fntn.zoom.us/join>
2. Enter Meeting ID: 832 6742 4212
3. Passcode: 746072
4. Choose "download and run Zoom"
5. An executable file will be download, please run the file
6. After the file has been installed, you will be ask to enter your "email" and your "name"
7. You will now join the webinar, by default all attendees of the webinar are muted.