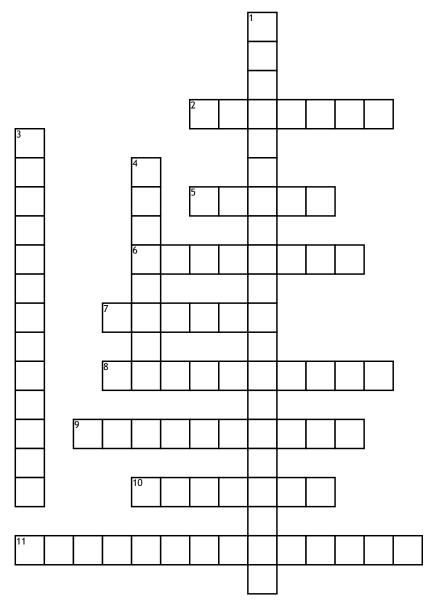
Name:	Date:
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## **HEAT STRESS**



## **Across**

- 2. Drink 5 to 7 ounces of fluids every 15 to 20 \_\_\_\_ to replenish the necessary fluids in the body.
- **5.** During a day's work in the heat, a person may produce as much as 2 to 3 gallons of what?
- **6.** May occur to a person not accustomed to hot environments and who stands erect and immobile in the heat.
- 7. Drinking large quantities of water tends to \_\_\_\_ the body's fluids, while the body continues to lose salt.
- **8.** The most serious heat-related health problem.

- **9.** Painful spasms of the muscles that occur among those who sweat profusely in heat, drink large quantities of water, but do not adequately replace the body's salt loss.
- 10. Moving around prevents blood from \_\_\_\_\_.
- **11.** Caused by the loss of large amounts of body fluid by sweating, sometimes with excessive loss of salt.

## **Down**

- 1. A temporary state of discomfort and mental or psychological strain caused by prolonged heat exposure.
- **3.** The victim may vomit or lose what in an extreme case of heat exhaustion?
- **4.** Don't consume alcohol or drinks with \_\_\_\_\_.