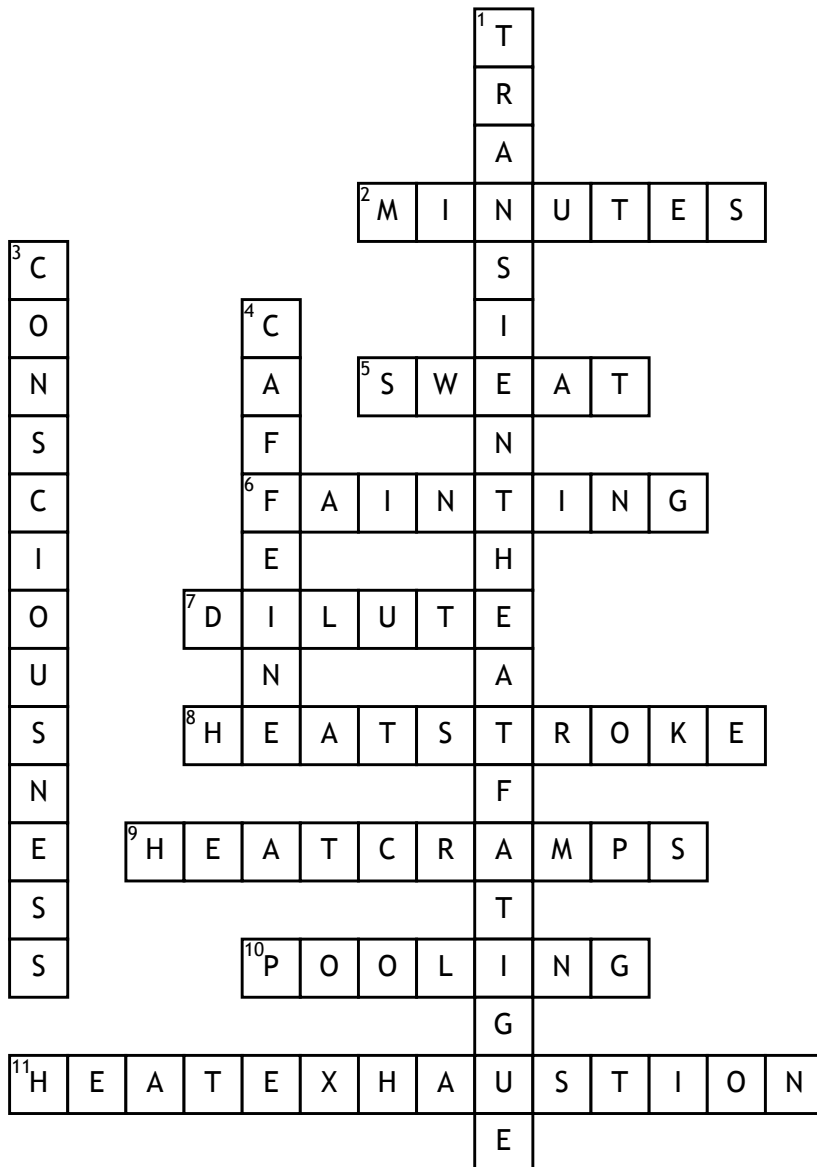


Name: _____

Date: _____

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 _____.