July Summer Safety Challenge 2016

Across
4. When lifting you should NOT ___ your back.
6. Which form of heat stress kills around 4,000 people a year?
8. Heavily drinking ______ the night before you come to work can increase your chance of experiencing a heat related illness.
9. Sound your ____ before backing up or when approaching an intersection.
10. Drinking water before you become thirsty along with Gatorade/Sqwinder throughout the day keeps you?

Down
1. What do you use to judge your hydration level?
2. How long does it take to cool off a body once it become overheated?
3. Risk of heat related illnesses increases when a person is consuming large amounts of?
5. If you stop sweating in a hot environment you should _____ working?
7. If you are going to perform a task that you are uncomfortable with you should complete what document before you start the task?