"HEAT STRESS"

Across
3. Wear ___________ with a SPF of at least 15 to prevent sunburn and loss of body fluid.
5. Heat stress can result in a series of disorders ranging from sunburn to ________________
7. Drink both water and sports drinks to replenish _______ and liquids lost due to sweating.
8. Prevent heat emergencies by resting often in shady or cool areas and drinking plenty of __________.
9. When working inside heat stress can include ____________.
11. When working outside wear appropriate clothing, _____________, light-colored fabrics that help to maintain a normal body temperature.
12. Heat rash is a ________ irritation caused by excessive sweating.

Down
1. Do not drink beverages containing _______ and _______ that may contribute to dehydration.
2. Check on family, friends and neighbors at risk during _________.
4. Hot environment with high _______ may overload your body with heat.
6. Eliminate or reduce strenuous __________ activities.
10. Never leave children or pets unattended in vehicles, even with a ________ cracked.