Heat Illness Awareness

Across
1. One requirement during high heat conditions at 95deg and greater require you to work with a ________?
4. No longer sweating, hot/dry skin and high body temp are warnings of heat________?
7. During hot weather avoid drinking water with _______?
9. When encountering symptoms symptoms of heat illness you should seek ____________ to cool down.
10. Wearing light-colored, loose-fitting clothing allows your skin to breath and _______ off efficiently.
11. Whenever the outdoor temperature equals or exceeds ____________ deg Fahrenheit, one or more areas with Shade will be provided whenever employees are present.
13. Spasms, usually in leg and arm muscles are symptoms of heat________.

Down
2. Heat illness can occur when engaged in strenuous activity during hot weather________.
3. Especially in hot weather, drink plenty of water even if you don’t feel ________?
5. If you spot someone whom may be experiencing signs of heat illness, you should________ Up?
6. Immediately ________ any symptoms of heat illness to your supervisor
8. Early signs of weakness, dizziness, nausea or mild cramps can be indication of heat________?
12. Heat________, is a skin inflammation caused by excessive sweating?