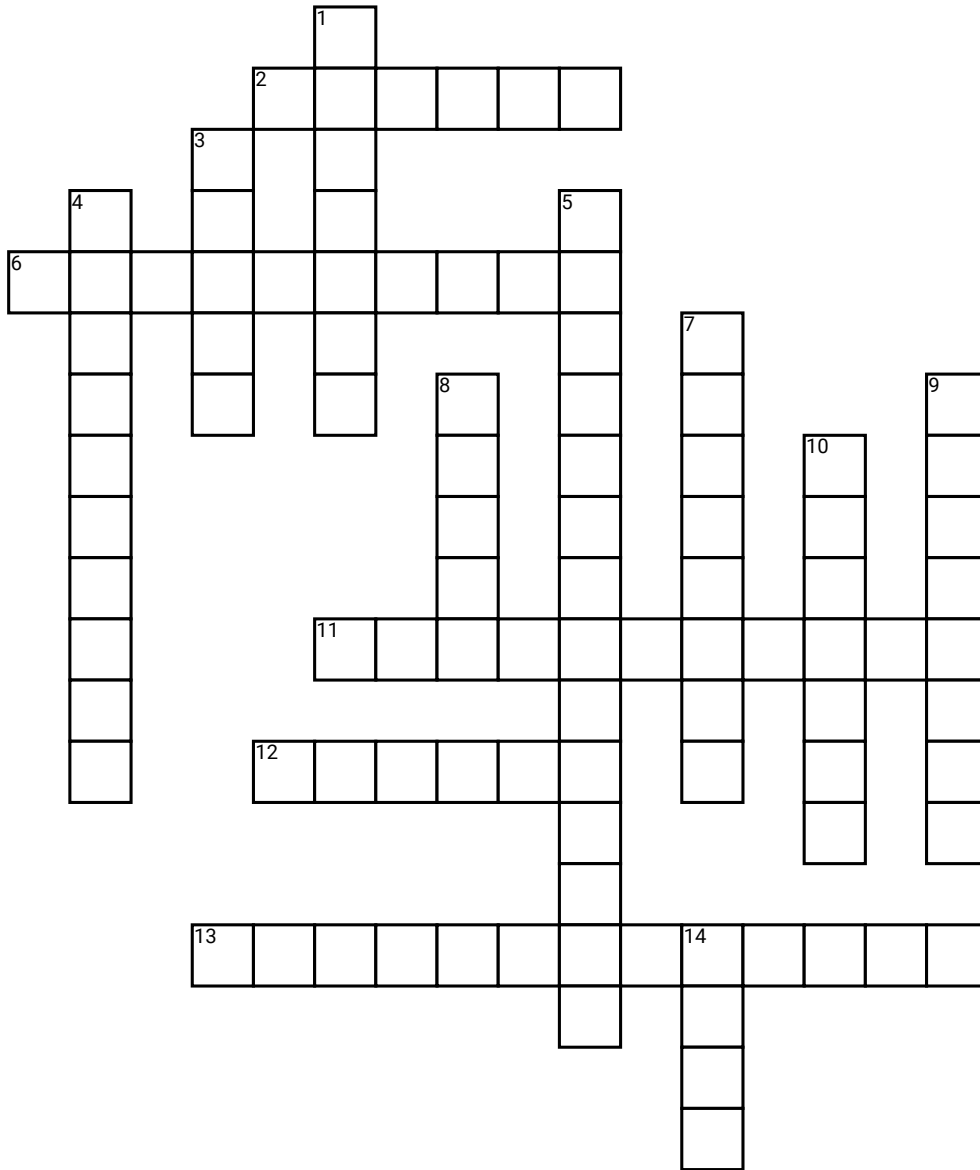


# Heat Safety Crossword



## Across

- 2.** Drinking large quantities of water tends to \_\_\_\_\_ the body's fluids, while the body continues to lose salt.
- 6.** This is the most serious type of heat illness.
- 11.** The sun gives off \_\_\_\_\_ rays which can cause sunburn.
- 12.** Take frequent \_\_\_\_\_ indoors or in the shade to keep cool.
- 13.** The victim may vomit or lose what in an extreme case of heat exhaustion?

## Down

- 1.** Drink 5 to 7 ounces of fluids every 15 to 20 \_\_\_\_\_ to replenish the necessary fluids in the body
- 3.** Drink lots of this to keep you hydrated.
- 4.** 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.
- 5.** Caused by the loss of large amounts of body fluid by sweating, sometimes with excessive loss of salt.

- 7.** Don't consume alcohol or drinks with \_\_\_\_\_.
- 8.** Heat rash is caused irritation to the skin from \_\_\_\_\_ build up.
- 9.** May occur to a person not accustomed to hot environments and who stands erect and immobile in the heat.
- 10.** Moving around prevents blood from \_\_\_\_\_.
- 14.** The body loses \_\_\_\_\_ and water when exercising.