

Name: _____ Date: _____

Heat Stress Matching Word Activity

1. Eliminate or reduce strenuous _____ activities. A. humidity
2. Wear _____ with a SPF of at least 15 to prevent sunburn and loss of body fluid. B. sunscreen
3. Heat rash is a _____ irritation caused by excessive sweating. C. lightweight
4. Prevent heat emergencies by resting often in shady or cool areas and drinking plenty of _____. D. minutes
5. Drink both water and sports drinks to replenish _____ and liquids lost due to sweating. E. heat exhaustion
6. Hot environment with high _____ may overload your body with heat. F. water
7. Do not drink beverages containing _____ that may contribute to dehydration. G. caffeine
8. When working outside wear appropriate clothing, _____, light-colored fabrics that help to maintain a normal body temperature. H. salt
9. Drink 5 to 7 ounces of fluids every 15 to 20 _____ to replenish the necessary fluids in the body. I. skin
10. Moving around prevents blood from _____. J. heat cramps
11. 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. K. outside
12. Caused by the loss of large amounts of body fluid by sweating, sometimes with excessive loss of salt. L. pooling