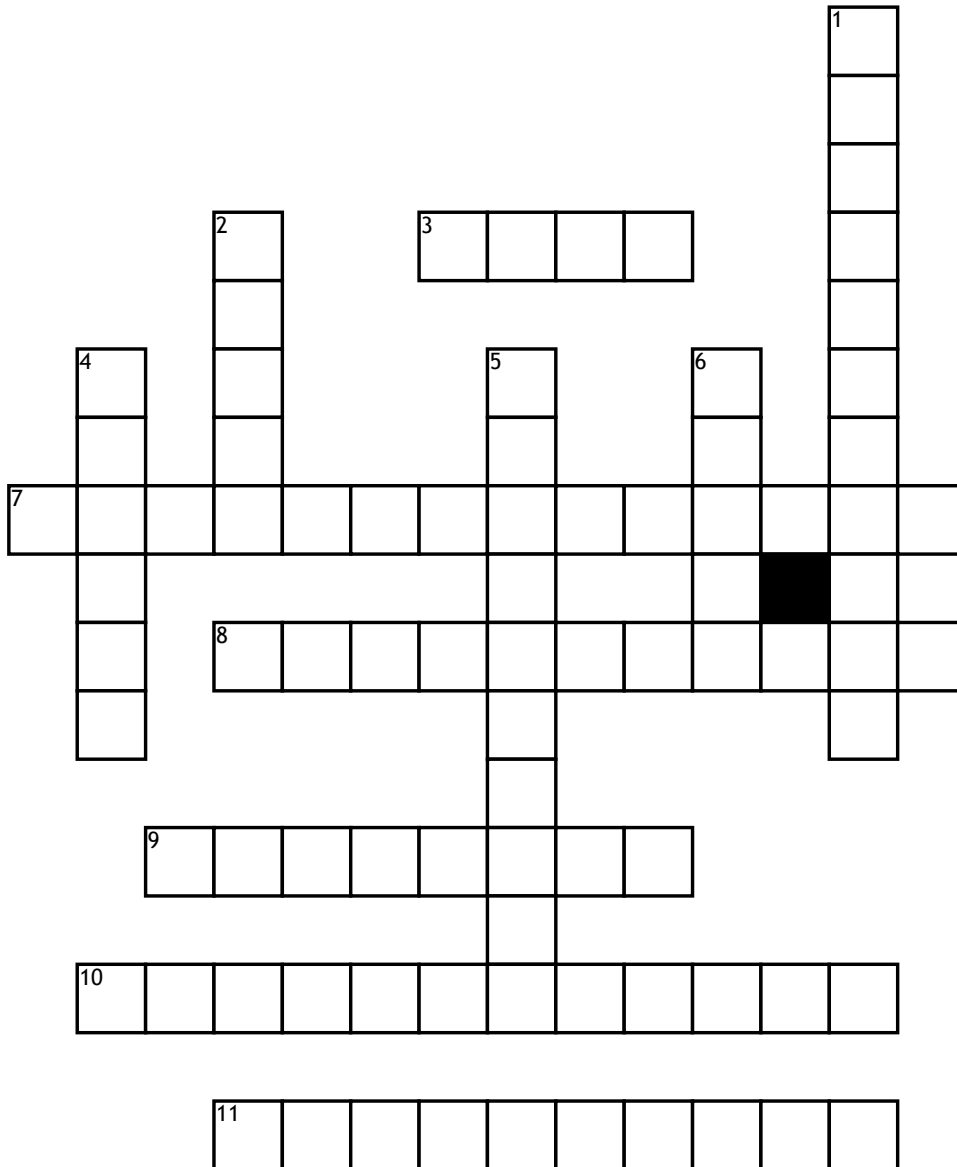


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Summer Heat Safety



## Across

3. The body loses \_\_\_\_\_ and water when exercising .
7. If the body loses too much water and salt, heat exhaustion may result. Signs of heat exhaustion include cool, moist skin, nausea, headache, dizziness, weakness and rapid pulse
8. This Houston Rocket player was the All-American of 2009
9. Putting on this will keep you safe from the sun.
10. This athlete is also known as Dr. J

11. Sweating causes a loss of body salts and fluids, which can lead to heat cramps. An individual suffering from muscle spasms or pain due to the heat should move to a cool area, rest and hydrate.

## Down

1. The sun gives off \_\_\_\_\_ rays which can cause sunburn.
2. Heat rash is caused irritation to the skin from \_\_\_\_\_ build up.
4. Take frequent \_\_\_\_\_ indoors or in the shade to keep cool.
5. This is the most serious type of heat illness
6. Drink lots of this to keep you hydrated.