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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

HEAT STRESS

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| **Across****2.** Drink 5 to 7 ounces of fluids every 15 to 20 \_\_\_\_\_ to replenish the necessary fluids in the body.**5.** During a day's work in the heat, a person may produce as much as 2 to 3 gallons of what?**6.** May occur to a person not accustomed to hot environments and who stands erect and immobile in the heat.**7.** Drinking large quantities of water tends to \_\_\_\_\_ the body's fluids, while the body continues to lose salt.**8.** The most serious heat-related health problem.**9.** 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.**10.** Moving around prevents blood from \_\_\_\_\_.**11.** Caused by the loss of large amounts of body fluid by sweating, sometimes with excessive loss of salt. | **Down****1.** A temporary state of discomfort and mental or psychological strain caused by prolonged heat exposure.**3.** The victim may vomit or lose what in an extreme case of heat exhaustion?**4.** Don't consume alcohol or drinks with \_\_\_\_\_. |