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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 \_\_\_\_\_. |