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"HEAT STRESS"

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| **Across****3.** Wear \_\_\_\_\_\_\_\_\_\_\_\_\_ with a SPF of at least 15 to prevent sunburn and loss of body fluid.**5.** Heat stress can result in a series of disorders ranging from sunburn to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**7.** Drink both water and sports drinks to replenish \_\_\_\_\_\_\_and liquids lost due to sweating.**8.** Prevent heat emergencies by resting often in shady or cool areas and drinking plenty of \_\_\_\_\_\_\_\_\_\_.**9.** When working inside heat stress can include \_\_\_\_\_\_\_\_\_\_\_\_.**11.** When working outside wear appropriate clothing, \_\_\_\_\_\_\_\_\_\_\_\_\_, light-colored fabrics that help to maintain a normal body temperature.**12.** Heat rash is a \_\_\_\_\_\_\_\_ irration caused by excessive sweating. | **Down****1.** Do not drink beverages containing \_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_that may contribute to dehydration.**2.** Check on family, friends and neighbors at risk during \_\_\_\_\_\_\_\_\_\_\_\_\_.**4.** Hot enviroment with high \_\_\_\_\_\_\_\_\_may overload your body with heat.**6.** Eliminate or reduce strenuous \_\_\_\_\_\_\_\_\_\_\_\_ activities.**10.** Never leave children or pets unattended in vehicles, even with a \_\_\_\_\_\_\_\_\_cracked. |