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Heat Illness Awareness

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| **Across****1.** One requirement during high heat conditions at 95deg and greater require you to work with a \_\_\_\_\_\_\_\_\_?**4.** No longer sweating, hot/dry skin and high body temp are warnings of heat\_\_\_\_\_\_\_\_\_?**7.** During hot weather avoid drinking water with \_\_\_\_\_\_\_?**9.** When encountering symtoms symptoms of heat illness you should seek \_\_\_\_\_\_\_\_\_\_\_\_ to cool down.**10.** Wearing light-colored, loose- fitting clithing allows your skin to breath and \_\_\_\_\_\_\_\_\_ off efficiently.**11.** 4.1.1. Whenever the outdoor temperature equals or exceeds \_\_\_\_\_\_\_\_\_\_\_\_ deg Fahrenheit, one or more areas with Shade will be provided whenever employees are present.**13.** Spasms, usually in leg and arm muscles are symptoms of heat\_\_\_\_\_\_\_\_\_. | **Down****2.** Heat illness can occur when engaged in strenuous activity during hot weather\_\_\_\_\_\_\_\_\_.**3.** Especially in hot weather, drink plenty of water even if you don't feel \_\_\_\_\_\_\_\_\_?**5.** If you spot someone whom may be experiencing signs of heat illness, you should\_\_\_\_\_\_\_\_\_\_\_\_ Up?**6.** Immediately \_\_\_\_\_\_\_\_\_\_ any symptoms of heat illness to your supervisor**8.** Early sogns of weakness, dizziness, nausea or mild cramps can be indication of heat\_\_\_\_\_\_\_\_\_\_?**12.** Heat\_\_\_\_\_\_\_\_\_\_\_ is a skin inflamation caused by escessive sweating? |