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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? |