**Heat Related Illness**



**Across**

2. If you are taking any \_\_\_\_\_\_\_\_\_, you need to consider your level of activity on hot days.

4. Your body \_\_\_\_ as a way to cool itself.

6. Heat \_\_\_\_\_ is the second tier of heat illness.

7. Drink plenty of fluids preferably with \_\_\_\_\_\_\_\_\_.

10. When working in a hot environment, 89+ degrees, you should drink \_\_\_\_\_\_ of fluids per hour.

**Down**

1. \_\_\_\_\_\_\_ risk level is when temperatures are between 91° and 103°

3. If you are experiencing a headache, stop sweating, feeling really warm you are having a \_\_\_\_\_\_\_\_\_\_\_

5. If you feel yourself getting ill, seek \_\_\_\_\_ and rest for a while before you continue any activity.

8. Allow the body to cool faster by removing any PPE \_\_\_\_\_\_ during breaks.

9. You don’t have to work \_\_\_\_\_\_\_\_\_ to experience heat related illness.

**Sweats** – Your body \_\_\_\_ as a way to cool itself.

**Cramps** - Heat \_\_\_\_\_ is the second tier of heat illness

**Electrolytes** – Drink plenty of fluids preferably with \_\_\_\_\_\_\_\_\_.

**Quart** - When working in a hot environment, 89+ degrees, you should drink \_\_\_\_\_\_ of fluids per hour.

**Shade** – If you feel yourself getting ill, seek \_\_\_\_\_ and rest for a while before you continue any activity.

**Clothing** – Allow the body to cool faster by removing any PPE \_\_\_\_\_\_ during breaks.

**Moderate** – \_\_\_\_\_\_\_ risk level is when temperatures are between 91° and 103°

**Outdoors** – you don’t have to work \_\_\_\_\_\_\_\_\_ to experience heat related illness.

**HeatStroke** – If you are experiencing a headache, stop sweating, feeling really warm you are having a \_\_\_\_\_\_\_\_\_\_\_

**Medications** – If you are taking any \_\_\_\_\_\_\_\_\_, you need to consider your level of activity on hot days.

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