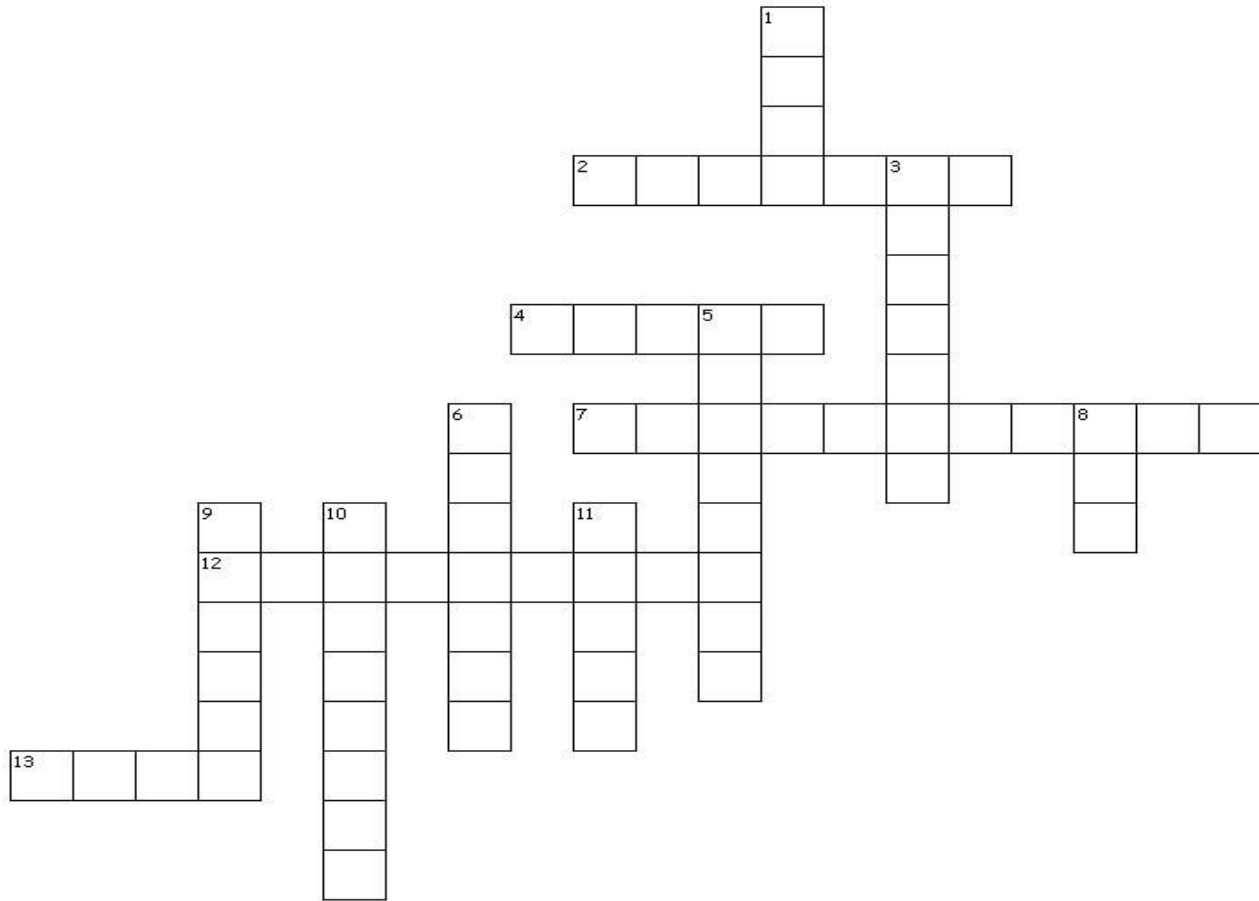




Heat-Related Illness Crossword Puzzle



Across

2. Heat related illness can occur when an individual is exposed to _____ heat.
4. Wearing lightweight, _____-colored, loose-fitting clothing allows your skin to cool off efficiently.
7. Report all _____ that you are taking to your coach whether prescription drugs or over-the-counter.
12. When treating heat exhaustion or heat stroke, removing the athlete's _____, especially the helmet, will assist in the cooling process.
13. Sweating depletes the body of _____ and moisture, which may lead to muscle cramps.

Down

1. Heat stroke sufferers have an elevated body temperature of one hundred _____ degrees Fahrenheit or higher because the body's cooling mechanism has failed.
3. Begin to cool off the person who is ill immediately when heat stroke is suspected, while someone else seeks _____ assistance.
5. After suffering from heat exhaustion, athletes can return to play if they are symptom-free and fully _____.
6. One method of cooling a person suffering from heat stroke is to apply ice packs at the neck, _____, and groin area.
8. Seek medical attention for heat cramps if they do not subside in _____ hour.
9. Monitoring pre- and post-exercise body _____ can help determine if you are staying sufficiently hydrated during activities (accounts for sweat and urine depletion).
10. Heat and _____ are extrinsic factors contributing to conditions conducive to heat related illness.
11. If a person is suffering from heat stroke, a lack of immediate treatment may lead to permanent disability or _____.



Heat-Related Illness Crossword Puzzle

ANSWER KEY

Across

- Heat related illness can occur when an individual is exposed to **EXTREME** heat.
- Wearing lightweight, **LIGHT**-colored, loose-fitting clothing allows your skin to cool off efficiently.
- Report all **MEDICATIONS** that you are taking to your coach whether prescription drugs or over-the-counter.
- When treating heat exhaustion or heat stroke, removing the athlete's **EQUIPMENT**, especially the helmet, will assist in the cooling process.
- Sweating depletes the body of **SALT** and moisture, which may lead to muscle cramps.

Down

- Heat stroke sufferers have an elevated body temperature of one hundred **FOUR** degrees Fahrenheit or higher because the body's cooling mechanism has failed.
- Begin to cool off the person who is ill immediately when heat stroke is suspected, while someone else seeks **MEDICAL** assistance.
- After suffering from heat exhaustion, athletes can return to play if they are symptom-free and fully **HYDRATED**.
- One method of cooling a person suffering from heat stroke is to apply ice packs at the neck, **ARMPITS**, and groin area.
- Seek medical attention for heat cramps if they do not subside in **ONE** hour.
- Monitoring pre- and post-exercise body **WEIGHT** can help determine if you are staying sufficiently hydrated during activities (accounts for sweat and urine depletion).
- Heat and **HUMIDITY** are extrinsic factors contributing to conditions conducive to heat related illness.
- If a person is suffering from heat stroke, a lack of immediate treatment may lead to permanent disability or **DEATH**.