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
2. Heat related illness can occur when an individual is exposed to EXTREME heat.
4. Wearing lightweight, LIGHT-colored, loose-fitting clothing allows your skin to cool off efficiently.
7. Report all MEDICATIONS 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 EQUIPMENT, especially the helmet, will assist in the cooling process.
13. Sweating depletes the body of SALT and moisture, which may lead to muscle cramps.

Down
1. Heat stroke sufferers have an elevated body temperature of one hundred FOUR 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 MEDICAL assistance.
5. After suffering from heat exhaustion, athletes can return to play if they are symptom-free and fully HYDRATED.
6. One method of cooling a person suffering from heat stroke is to apply ice packs at the neck, ARMPITS, and groin area.
8. Seek medical attention for heat cramps if they do not subside in ONE hour.
9. Monitoring pre- and post-exercise body WEIGHT can help determine if you are staying sufficiently hydrated during activities (accounts for sweat and urine depletion).
10. Heat and HUMIDITY 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 DEATH.