

Name: _____ Date: ____/____/____

Follow Along Sheet, Topic: _____

How the body cools itself:

If body does not cool itself this occurs:

Ways to prevent heat illness:

- 1)
- 2)
- 3)
- 4)
- 5)

3 types of heat illness

- 1)
- 2)
- 3)

These age groups are most susceptible to heat illness:

How long to massage heat cramps?

Fluid loss causes blood flow to slow then this happens

40 degrees Celsius converted to Fahrenheit = _____

Normal body temp = _____

This heat illness is most life threatening:

This is best way to treat heat illness:

Putting a rag on my head when I am hot is best way to provide shade? YES NO

Dehydration:

What is it:

What does it do to my body?

Symptoms of dehydration include:

Caffeine is a _____ or in simpler words: _____

Use your book to complete the attached chart.

Heat Related Illness

	Heat Syncope	Heat Cramps	Heat Exhaustion	Heat Stroke
Signs/Symptoms				
treatment				
Return to activity				