

Vocabulary: Safety in the Field

- Anaphylactic shock – an allergic reaction that causes itchy rash, swelling of the throat, and/or swelling of other body parts such as the face.
 - Anaphylactic shock is life-threatening because breathing can be blocked by the swollen throat.
 - Anaphylactic shock may be caused by allergens such as bee stings, foods, or medications.
 - Anaphylactic shock is treated with an injection of epinephrine, which causes swelling to go down.
- Dehydration – a state of not having enough water inside the body.
 - Failure to drink enough water can lead to dehydration.
 - Vomiting, diarrhea, or excessive activity on a hot day also can lead to loss of body fluids and eventually dehydration.
 - Severe dehydration can cause fainting and requires immediate medical attention.
- Heat stroke – serious medical condition caused by a very high body temperature.
 - Heat stroke usually occurs when body temperature is greater than 40°C (104°F).
 - Heat stroke often occurs when the body is dehydrated and no longer able to produce sweat.
 - Symptoms of heat stroke include skin that is hot and dry, headache, dizziness, vomiting, chills, and loss of consciousness. Death can result without immediate medical attention.
- Sunburn – burning of the skin caused by overexposure to ultraviolet radiation in sunlight.
 - Sunburn can be prevented by wearing sunscreen and protective clothing.
 - Some individuals are much more prone to sunburn than others.