

Heat Illness Quiz

1. When working outside on a hot day you should drink how much water?
 - a. 1 cup every 15 minutes
 - b. 8 oz. every half hour
 - c. 1 quart every hour
 - d. (a) and (c)
 - e. You should not drink water, only sports drinks

2. Appropriate personal protective equipment (PPE) for working in the heat includes:
 - a. Hat, sunglasses, dark jeans
 - b. Lightweight long-sleeved shirt, hat, sunglasses
 - c. Boots, tank top, bandana
 - d. Cooling vest
 - e. (b) and (d)

3. "Work Smart" on a hot day by:
 - a. Scheduling the hardest work for the hottest part of the day
 - b. Alternating your heavy duty work and your light duty work
 - c. Eating a burger, fries and a milk shake for lunch
 - d. Drinking energy drinks, iced coffee and caffeinated soda to keep you going
 - e. None of the above

4. "Acclimatize" means:
 - a. Refrain from climbing a ladder on a hot day
 - b. Allow yourself several days to get used to working in a hot environment
 - c. Move from one work task to another very slowly
 - d. Work a full day in the sun after you have been sick
 - e. None of the above

5. Which of the following is FALSE
 - a. Heat illness can affect anyone
 - b. Heat illness is dangerous
 - c. Heat illness can kill
 - d. Heat illness is preventable
 - e. Heat illness is no big deal

6. Which is NOT a risk factor for heat-related illness:
 - a. Age
 - b. Medication
 - c. The size of your head
 - d. Weight
 - e. Heart condition

7. Heat-related illness can result in:
 - a. Fainting on the job
 - b. Angrily yelling at a co-worker about nothing
 - c. Tractor or vehicle accidents
 - d. Heart attack-like symptoms
 - e. All of the above

8. You notice your co-worker seems disoriented and has hot, dry skin—you should:
 - a. Move them to the shade, give them water and go back to work
 - b. Tell them to drive home
 - c. Move them to the shade, cool them off, elevate their feet and call 911 if they are not feeling better in 15 minutes
 - d. Move them to the shade, give them water, and call 911 if they are not feeling better in 15 minutes
 - e. Move them to the shade, cool them off, elevate their feet and call 911 immediately

9. You notice your co-worker is irritable and is sweating profusely—you should:
 - a. Move them to the shade, give them water and go back to work
 - b. Tell them to drive home
 - c. Move them to the shade, cool them off, give them water and call 911 if they are not feeling better in 15 minutes
 - d. Periodically ask them 3 easy questions and call 911 if they are not able to answer
 - e. (c) and (d)

10. A person with heat exhaustion can:
 - a. Progress to heat stroke in just a few minutes
 - b. Call their supervisor and let them know they are having problems
 - c. Get out of the sun
 - d. Cool off with ice packs and cool water or sports drinks
 - e. All of the above