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