

## Heat Stress Quiz

Name: _____	
Trainer's Name: _____	
Company/Division: _____	Date: _____

**Directions:** Read each statement carefully and circle the response that best answers the question.

**1. What contributes to heat exposure?**

- a. Temperature and humidity.
- b. Direct sun.
- c. Hot surfaces.
- d. All of the above.

**2. Why do muscles get tired more easily in the heat?**

- a. They are burning more calories.
- b. More blood is sent to the body surface for cooling instead of to the muscles.
- c. Sweating reduces muscle strength.
- d. Muscles aren't designed to work in hot conditions.

**3. When working in the heat, it is best to:**

- a. Drink 5 to 7 ounces of fluid every 15 to 20 minutes.
- b. Drink hot beverages every hour.
- c. Drink beverages containing caffeine every half hour.
- d. Wait until you feel thirsty before you drink.

**4. What can cause fainting?**

- a. Drinking caffeine.
- b. Standing for long periods so not enough blood is pumped to the brain.
- c. Going from a hot area into a cool area.
- d. Going from a cool area into a hot area.

**5. How can you adjust to working in the heat?**

- a. Gradually increase the amount of time you work in the heat.
- b. Take a few days to increase your exposure.
- c. Increase your exposure during longer and longer periods on your first day.
- d. Both a and b.



**6. If someone has heat exhaustion, he or she may:**

- a. Feel weak, dizzy, or nauseous, and have clammy, moist skin.
- b. Vomit or lose consciousness.
- c. Need to see a doctor.
- d. All of the above.

**7. If someone has heat stroke, he or she:**

- a. Must have medical attention right away.
- b. Has an increased body temperature and hot, dry skin.
- c. Can lose consciousness.
- d. All of the above.

**8. What can put a person at risk for suffering a heat disorder?**

- a. Age.
- b. Weight and physical fitness.
- c. Medications.
- d. All of the above.

**9. How can heat rash be prevented?**

- a. Wear lightweight clothing to allow sweat to evaporate.
- b. Wash and dry your skin.
- c. Take periodic rest breaks in a cooler area.
- d. All of the above.

**10. What can you do to control heat exposure?**

- a. Work as fast and hard as you can to get the job over with.
- b. Take periodic rest breaks in a cool, shaded area and drink small quantities of water frequently.
- c. Pace the work and schedule the heaviest jobs during cooler times of the day.
- d. Both b and c.

**11. When you work in hot conditions, your body only needs water if you feel:**

- a. Thirsty.
- b. Hungry.
- c. Tired.
- d. None of the above.



**12. Heat rash:**

- a. Can occur if sweat isn't able to evaporate.
- b. Is usually caused by wearing long sleeves.
- c. Can't be prevented.
- d. Can't become infected.

**13. To adapt to the heat, people who are new to working in hot conditions should be exposed to heat during:**

- a. 100 percent of their first day, but they should be allowed to work slower.
- b. 50 percent of their first day.
- c. 20 percent of their first day and 20 percent more during each following workday.
- d. 20 percent of their first day and 100 percent for the rest of the week.

**14. Which of the following statements is true:**

- a. Heat has the same effect on everyone.
- b. Humidity is not a factor in the risk for heat stress.
- c. Some medical conditions can make you more sensitive to the heat.
- d. The body is not able to develop a tolerance to hot conditions.

**15. To reduce the risk of fainting from the heat:**

- a. Move around to help blood circulate and allow yourself time to adapt to the heat.
- b. Drink plenty of coffee.
- c. Put a lot of extra salt on your popcorn.
- d. Stand in one position for long periods of time.

**16. After you have adapted to working in the heat:**

- a. Your body temperature will not increase as much while you work.
- b. You will not sweat as much while you work.
- c. Your pulse rate will increase while you rest.
- d. You will not need to drink water.

**17. Protective clothing and personal protective equipment:**

- a. Can be removed in hot conditions.
- b. Can increase the risk for heat stress.
- c. Helps workers to quickly adapt to hot conditions.
- d. Keeps workers from adapting to hot conditions.



**18. When someone has heat exhaustion, the person:**

- a. Continues to sweat and the skin is probably wet and clammy.
- b. Has a body temperature is dangerously high.
- c. Is alert and energetic.
- d. Feels hungry.

**19. When someone has heat stroke, the person:**

- a. Continues to sweat and the skin is probably wet and clammy.
- b. Has a body temperature is dangerously high.
- c. Is alert and energetic.
- d. Feels hungry.

**20. If you suspect that someone has heat stroke:**

- a. Get immediate medical assistance.
- b. Stay with the person.
- c. Try to cool the person.
- d. All of the above.