

TEST QUESTIONS: COLD STRESS

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|-------------------|--|---------------|--|
| Your Name: | | Date: | |
| Company: | | IEC #: | |

The *BSO Plus Safety Topic* is a review designed from the BSO Plus agenda. This safety topic is your way to stay current on the safety information over the 3 years between BSO Plus and BSR.

- 1. When exposed to the cold, your body expends much of its energy in keeping your internal temperature warm. Which body parts are at the greatest risk for exposure?**
 - a. Feet and hands
 - b. Toes, fingers, ears, and nose
 - c. Torso, ears, and nose
 - d. Torso and legs
- 2. Which of the following options are effective methods for protecting yourself from cold stress? (Circle all that apply)**
 - a. Wearing a warm hat
 - b. Wearing several layers of clothing
 - c. Consuming caffeinated beverages to boost your energy
 - d. Assessing the air temperature, the wind speed, and the humidity level
- 3. Signs of frostbite include: (Circle all that apply)**
 - a. Reduced blood flow to hands and feet
 - b. Numbness
 - c. Tingling or stinging
 - d. Loss of consciousness
- 4. If you are not shivering, then you can assume that your body has warmed up and you may continue working.**
 - a. True
 - b. False
- 5. Workers do not need to consider “wind chill” when planning for work.**
 - a. True
 - b. False