

## TEST QUESTIONS: COLD STRESS

<b>Your Name:</b>		<b>Date:</b>	
<b>Company:</b>		<b>IEC #:</b>	

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, so please ensure you submit this completed test to your employer for record retention.

- 1. Which should you do to protect yourself from cold stress?**
  - a) Dress in layers of clothing
  - b) Wear a wool cap or liner under your hardhat
  - c) Stay hydrated by drinking non-caffeinated beverages or soup
  - d) Follow your employer's safe work procedures for cold environments
  - e) All of the above
  
- 2. When your body shifts blood flow from your extremities (hands, feet, arms, and legs) and outer skin to your core (chest and abdomen) to protect your internal organs, your body is experiencing:**
  - a) Temperature Regulation
  - b) Heat Stress
  - c) Cold Stress
  - d) Wind Chill
  
- 3. Overexposure to cold environments can cause reduced mental alertness, putting a worker's safety at risk.**
  - a) True
  - b) False
  
- 4. 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
  
- 5. Signs of hypothermia include: (Circle all that apply)**
  - a) Blue skin
  - b) Slowed pulse
  - c) Confusion
  - d) Tingling or stinging