

TEST ANSWERS: COLD STRESS

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 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
- e) All the above

RATIONALE: A hat can help prevent up to 50% of the body's heat loss while clothing layers trap heat close to the body. Caffeine contributes to dehydration, which affects the body's ability to function properly, and should be avoided.

2. In addition to alcohol, certain medications may prevent the body from generating heat normally. These include sedatives, anti-depressants, tranquilizers and some heart medications.

- a) True
- b) False

RATIONALE: When exposed to cold temperatures you should avoid drinking alcohol. Alcohol increases blood flow to the outer layer of skin which leads to faster loss of body heat.

3. Which factors must be assessed when planning for work in cold environments?

- a) Air temperature, wind direction, and humidity
- b) Air temperature, wind speed, and humidity
- c) Wind direction and humidity
- d) Air temperature and wind speed

RATIONALE: Three conditions affect a person's response to cold: air temperature, wind speed, and humidity. When planning for work in cold environments all three factors must be assessed in order to limit exposure to extreme cold.

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

RATIONALE: Prolonged exposure to cold can lead to hypothermia, which can lead to symptoms of confusion and disorientation. A person in this state is unable to recognize what is happening to them, and they won't be able to take steps to protect themselves.

5. Overexposure to cold environments can cause reduced mental alertness, putting a worker's safety at risk.

a) True

b) False

RATIONALE: Prolonged exposure to cold can lead to hypothermia, which can lead to symptoms of confusion and disorientation. A person in this state is unable to recognize what is happening to them, and they won't be able to take steps to protect themselves.