

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 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

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. 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

RATIONALE: When the body reacts to cold environments it automatically protects your internal organs. Frostbite occurs when the skin tissue becomes damaged due to lack of blood flow. After prolonged exposure, your core loses heat faster than it can be generated, resulting in hypothermia.

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

e) True

f) 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.

4. Signs of frostbite include: (Circle all that apply)

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|---|
| a) Reduced blood flow to hands and feet |
| b) Numbness |
| c) Tingling or stinging |
| d) Loss of consciousness |

RATIONALE: When the body reacts to cold environments it automatically protects your internal organs. Frostbite occurs when the skin tissue becomes damaged due to lack of blood flow. After prolonged exposure, your core loses heat faster than it can be generated, resulting in hypothermia.

5. Signs of hypothermia include: (Circle all that apply)

- | |
|-------------------------|
| a) Blue skin |
| b) Slowed pulse |
| c) Confusion |
| d) Tingling or stinging |

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.