

TEST QUESTIONS: COLD STRESS

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, 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
- 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
- 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
- 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. Overexposure to cold environments can cause reduced mental alertness, putting a worker's safety at risk.**
 - a) True
 - b) False