

TEST QUESTIONS: HEAT 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 between BSO Plus and BSR.

Please circle the correct answer for each question.

- Your body may be suffering from heat stress if you experience:**
 - A red bumpy, itching rash
 - Painful cramps in your most worked muscles
 - Heavy sweating, nausea or vomiting
 - All of the above
- Workers become gradually acclimatized when exposed to environmental conditions for several weeks.**
 - True
 - False
- Heat stress can be caused by: (Circle all that apply)**
 - Cool temperatures and humidity
 - Performing heavy physical work in warm environments
 - Working alongside hot equipment
 - Wearing certain types of protective clothing
- Which should you NOT do to help protect yourself from heat-stress-related disorders?**
 - Get informed – know your company's policies and procedures about working in hot environments
 - Drink coffee to increase energy
 - Choose appropriate clothing
 - Drink enough water and avoid eating large meals prior to working in hot environments
- The Safety Partnership's Heat Stress guidelines recommend the following controls for heat stress: (Circle all that apply)**
 - Issuing alerts
 - Increasing physical activity
 - Drinking water at regular intervals
 - Stopping non-essential work