

TEST ANSWERS: HEAT 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. The hazards associated with exposure to heat and humidity can be compounded by other factors, such as performing heavy physical work, wearing certain types of PPE, and taking certain medications.

a) True

b) False

RATIONALE: Anyone can suffer from heat stress, even the young and the fit. In Ontario, heat stress is usually of greatest concern at the beginning of the summer season when people haven't yet adjusted to the heat. Follow safe work practices, including staying hydrated and taking appropriate rest breaks, to keep yourself safe and healthy.

2. Which should you **NOT** do to help protect yourself from heat-stress-related disorders?

a) Get informed – know your company's policies and procedures about working in hot environments

b) Drink coffee to increase energy

c) Take regular rest breaks

d) Choose appropriate clothing

e) Drink enough water and avoid eating large meals prior to working in hot environments

RATIONALE: Avoid caffeinated beverages and alcohol because both of these make the body lose water, which can increase the risk of heat stress. The goal is to replenish fluids and keep your body properly hydrated.

3. Your body may be suffering from heat stress if you experience:

a) A red bumpy, itching rash

b) Painful cramps in your most worked muscles

c) Heavy sweating, nausea or vomiting

d) All of the above

RATIONALE: The physical conditions caused by heat stress affect the body's ability to cool itself. These conditions can range from minor disorders to severe disorders, each with their own set of causes, symptoms and treatment. It is important to be aware of the symptoms of heat stress so that you can seek immediate treatment when necessary.

4. When the body has used up all its water and salt reserves, it will stop sweating. This can cause the body's core temperature to rise. This condition may develop suddenly or may follow from heat exhaustion. Which of the following disorders does this describe?

- a) Heat Rash
- b) Heat Cramps
- c) Heat Exhaustion

d) Heat Stroke

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5. Match the physical condition caused by heat stress to its symptoms.

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| a) Heat Rash | <u> </u> | b Painful cramps in the most worked muscles, like the arms, legs, or stomach, which can occur suddenly or later at home. |
| b) Heat Cramps | <u> </u> | a Red bumpy rash with severe itching. |
| c) Heat Exhaustion | <u> </u> | d Body temperature over 41°C plus any one of the following: weak, confused or acting strangely; hot, dry, red skin; fast pulse; headache or dizziness. Possible fainting or convulsions in late stages. |
| d) Heat Stroke | <u> </u> | c Heavy sweating; cool moist skin; body temperature over 38 °C; weak pulse; nausea and vomiting; very thirsty; panting or breathing rapidly. |

RATIONALE: It is important to be aware of the symptoms of heat stress so that you can seek immediate treatment when necessary.