

## TEST QUESTIONS: HEAT STRESS

<b>Your Name:</b>		<b>Date:</b>	
<b>Company:</b>		<b>IEC #:</b>	

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
  
- 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
  
- 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
  
- 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

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

- |                    |       |   |
|--------------------|-------|---|
| a) Heat Rash       | _____ | Painful cramps in the most worked muscles, like the arms, legs, or stomach, which can occur suddenly or later at home.  |
| b) Heat Cramps     | _____ | Red bumpy rash with severe itching.   |
| c) Heat Exhaustion | _____ | 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     | _____ | Heavy sweating; cool moist skin; body temperature over 38 °C; weak pulse; nausea and vomiting; very thirsty; panting or breathing rapidly.  |