

Heat Illness Quiz for Seasonals and Volunteers

1. What is your name? _____

2. What is the name of your worksite? _____

Circle your answer

3. A heat illness happens when your body is unable to dissipate heat effectively. (1 Point)

a. True

b. False

4. OSHA's heat illness safety message comes down to . . . (1 Point)

a. Rest

b. Shade

c. Water

d. All of the above.

e. None of the above

5. An environmental risk factor for heat illness is . . . (1 Point)

a. Age

b. Air temperature

c. Your general overall health

6. Personal risk factors include age, degree of acclimatization, and caffeine consumption (to name a few). (1 Point)

a. False

b. True

7. Proper clothing, as it applies to heat illness prevention, includes heavy, dark colored, short sleeved clothing. (1 Point)
- a. True
 - b. False
8. PPE (Personal Protective Equipment) can trap heat and not allow the body to cool. (1 Point)
- a. True
 - b. False
9. Most people take 4 to 14 days of regular work involving at least 2 hours per day in the heat to acclimate. (1 Point)
- a. True
 - b. False
10. How much water should employees consume during the course of their workday? (1 Point)
- a. 2 cups every hour.
 - b. Approximately 1 cup every 15 minutes or 4 cups every hour.
 - c. 2 gallons at the beginning of their day and then nothing else for the next 8 hours.
11. In order for shade to be considered sufficient, objects _____ in the area of blocked sunlight. (1 Point)
- a. cannot obstruct the victim
 - b. must be available
 - c. must not cast a shadow
12. Rest breaks, for someone suffering a heat illness, should last at least . . (1 Point)
- a. 3 minutes
 - b. 10 minutes
 - c. 30 minutes

d. 5 minutes

13. For someone suffering from heat rash, dry clothing, a less humid work environment, and dusting powder may prove helpful. (1 Point)

a. False

b. True

14. Heat cramps are the most common and least severe of the heat illnesses. (1 Point)

a. True

b. False

15. Heat Exhaustion can be reversed if caught early. (1 Point)

a. True

b. False

16. Heat Stroke is the least common and the most severe of the heat illnesses. If someone is suffering from heat stroke, 9-1-1 needs to be called immediately and the victim needs to be cooled down RAPIDLY using any means available (including, but not limited to the following): immersing the victim in a tub of cool water; placing the person in a cool shower; spraying the victim with cool water from a garden hose; sponging the person with cool water. (1 Point)

a. True

b. False

17. Which of the following is a life-threatening condition and warrants 9-1-1? (1 Point)

a. A stomachache

b. A broken finger

c. Coughing

d. Unconsciousness

