

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)
- True
 - False
8. PPE (Personal Protective Equipment) can trap heat and not allow the body to cool. (1 Point)
- True
 - 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)
- True
 - False
10. How much water should employees consume during the course of their workday? (1 Point)
- 2 cups every hour.
 - Approximately 1 cup every 15 minutes or 4 cups every hour.
 - 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)
- cannot obstruct the victim
 - must be available
 - must not cast a shadow
12. Rest breaks, for someone suffering a heat illness, should last at least . . (1 Point)
- 3 minutes
 - 10 minutes
 - 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