Working In The Cold Quiz

1. The body parts most at risk for frostbite are:
   a. The nose, ears, cheeks, fingers, and toes
   b. The legs
   c. The stomach

2. Hypothermia occurs when your body temperature gets dangerously low.
   a. True b. False

3. The risks of hypothermia increase when it's windy and you're:
   a. Exhausted or wearing wet clothes
   b. Dressed too heavily
   c. Drinking warm beverages

4. Clothing will best protect against frostbite and hypothermia if it's
   a. Tight
   b. Loose and layered
   c. Light-colored

5. When you're going to work in cold conditions, it's especially important to cover your head.
   a. True b. False

6. If you get wet or feel uncomfortably chilled when working in cold, you should:
   a. Ignore it
   b. Take a break in a warm place
   c. Drink hot coffee laced with brandy

7. Symptoms of frostbite include:
   a. Red eyes
   b. Skin that's pink, then blue
   c. Skin that's glossy white or grayish yellow

8. Hypothermia symptoms include:
   a. Cold, shivering, numbness, confusion
   b. Extreme alertness and energy
   c. Skin blisters and tingling sensation

9. If a body part is frostbitten, you should not warm it by:
   a. Rubbing it
   b. Using hot water, a heat lamp, or hot water bottle
   c. Both a and b

10. If you have hypothermia symptoms, you should get medical help.
    a. True b. False