

## Working In The Heat Quiz

- 1. Perspiration evaporates off the skin and cools the body when it's hot.**
  - a. True b. False
  
- 2. The most dangerous, and sometimes even fatal, form of heat stress is:**
  - a. Heat cramps
  - b. Heat stroke
  - c. Heat exhaustion
  
- 3. To prevent heat stress, you should:**
  - a. Try to do all work in the heat as quickly as possible
  - b. Wear dark, tight clothes
  - c. Wear loose, light clothes and avoid overexertion
  
- 4. The best thing to drink to prevent heat stress is:**
  - a. Water
  - b. Beer
  - c. Soft drinks
  
- 5. Heat stroke occurs when:**
  - a. Body temperature rises to dangerous levels
  - b. The body is drenched in sweat .
  - c. Muscle pains develop
  
- 6. Symptoms of heat stroke include:**
  - a. Sneezing and coughing
  - b. Chills, high body temperature, and lack of sweating
  - c. High energy levels
  
- 7. Symptoms of heat exhaustion include:**
  - a. Ringing in the ears
  - b. Muscle cramps
  - c. Weakness, sweating, and pale or flushed appearance
  
- 8. When heat stroke symptoms occur, you should immediately:**
  - a. Drink fluids
  - b. Call for a doctor and move to a cool place
  - c. Do stretching exercises
  
- 9. When heat exhaustion symptoms occur, you should:**
  - a. Move to a cool place and loosen clothes
  - b. Go to the hospital
  - c. Keep working
  
- 10. You may be more likely to experience heat stress if you're overweight and not used to physical exertion.**
  - a. True b. False