**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