Indoor Heat Illness Quiz



Name: Date:

1. Ways that the body loses and gains heat include all of the following **except** _____.

1. Evaporation
2. Reflection
3. Radiation
4. Convection

2. Heat index is based on air temperature and _____.

1. Humidity
2. The level of exertion
3. The clothing and PPE worn
4. Air movement

3. An employee working near an oven in a bakery is nauseated, dizzy, and sweating These are symptoms of what heat illness?

1. Heat cramps
2. Heat stroke
3. Heat exhaustion
4. None of the above.

4. Which of the following should you do for someone with heat stroke? Choose all that

1. Give the victim clear juice or a sports beverage to drink, if
2. Give the victim water to drink, if
3. Notify your
4. Do not move the

5. Prior to an emergency, the site supervisor must establish effective means of communication through . Choose all that apply.

1. Voice

2. Visual gesture
3. Electronic means

6. Acclimatization is _____.

1. An increase in ambient air temperature
2. A method of controlling radiant heat energy
3. The process of becoming accustomed to a temperature
4. A heat illness characterized by a lack of perspiration

7. Rest areas must be adequately sized to accommodate one-third of the employees at a time.

1. True
2. False

8. Shorten employees’ work cycles and increase their rest periods if their body temperatures are over 98.6°F.

1. True
2. False

9. Extra measures to protect employees from extreme heat conditions are necessary when work site temperatures equal or exceed _____ WGBT.

1. 85°
2. 90°
3. 80°
4. 100°

10. When work site temperatures equal or exceed 86 WBGT and employees are working very hard,employees should rest _____ minutes every _____ hours.

1. 15, 3
2. 45, 1
3. 45, 3
4. 45, 2