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
 - 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

Visual gestureElectronic means
6. Acclimatization is
 An increase in ambient air temperature A method of controlling radiant heat energy The process of becoming accustomed to a temperature 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.
 True False
8. Shorten employees' work cycles and increase their rest periods if their body temperatures are over $98.6^{\circ}F$.
 True 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