

Occupational Heat Exposure Quiz

1. The body burns calories and produces heat to keep its temperature at _____.
 - a. 94.3°F
 - b. 98.6°F
 - c. 99.4°F
 - d. 89.9°F
2. According to the Centers for Disease Controls and Prevention (CDC), there is an estimated _____ deaths per year due to environmental heat exposure.
 - a. 702
 - b. 1100
 - c. 400
 - d. 29
3. _____ factors are working conditions that create the possibility that heat related illness could occur.
 - a. Personal factors
 - b. Work factors
 - c. Heat factors
 - d. Environmental factors
4. On the heat index, the temperature range of 103°F - 124°F is classified as:
 - a. Caution
 - b. Extreme Caution
 - c. Danger
 - d. Extreme Danger
5. _____ are painful muscle spasms caused by sweating while performing hard physical labor in a hot environment.
 - a. Heat cramps
 - b. Fainting
 - c. Heat rash
 - d. Heat burn

6. Workers are encouraged to drink at least one cup of water every _____ minutes while working in the heat, not just if they are thirsty.
- 60
 - 90
 - 20
 - 10
7. All of the below contribute to fluid loss, except:
- Sweating
 - Exhaling
 - Resting in the shade
 - Natural body exertion to maintain core temperature.
8. A heat stroke is not considered a medical emergency.
- True
 - False
9. It often takes two to three _____ for an employee to become acclimated to a hot environment.
- Hours
 - Minutes
 - Weeks
 - Months
10. Wearing light colored clothing can help reduce the risk of heat stress and illness.
- True
 - False