

## Winter Weather Preparedness – Quiz

1. Patients who died because of cold temperatures were responsible for \_\_\_ of temperature-related deaths.
  - a. 10%
  - b. 50%
  - c. 75%
  - d. 94%
2. Which of the following is a type of cold stress injury?
  - a. Hypothermia
  - b. Frostbite
  - c. Chilblains
  - d. All of the above
3. Hypothermia occurs when the normal body temperature drops below \_\_\_\_\_ °F.
  - a. 98
  - b. 97
  - c. 95
  - d. 96
4. (True or False) You should not rub or massage an area affected by frostbite.
  - a. True
  - b. False
5. Wet feet can lose heat \_\_\_\_\_ - times faster than dry feet.
  - a. 17
  - b. 5
  - c. 50
  - d. 25
6. Winter weather presents an example of which hazards?
  - a. Slippery Roads
  - b. Strong Winds
  - c. Environmental Cold
  - d. All the Above

7. Emergency supply kits should be checked every \_\_\_\_ months, and expired items should be replaced regularly.
  - a. 6
  - b. 12
  - c. 18
  - d. 24
  
8. (True or False) It is not possible to dehydrate during the winter.
  - a. True
  - b. False
  
9. Dressing properly is extremely important to preventing cold stress. When cold environments or temperatures cannot be avoided, the following would help protect workers from cold stress:
  - a. A baseball cap
  - b. A hoodie
  - c. at least three layers of loose-fitting clothing
  - d. A safety vest
  
10. More than \_\_\_\_\_ people visit the emergency department each year due to accidental CO poisoning.
  - a. 500
  - b. 100,000
  - c. 10,000
  - d. 420