Heat Stress Quiz

1) When is the Outdoor Heat Exposure Rule in effect?
   a) Between January 1\textsuperscript{st} & April 1\textsuperscript{st} of each year.
   b) Between May 1\textsuperscript{st} & September 30\textsuperscript{th} of each year.
   c) Between October 1\textsuperscript{st} & December 31\textsuperscript{st} of each year.

2) The Outdoor Heat Exposure Rule can be in effect year around if the heat levels are reached or exceeded.
   True False

3) As an employee you are not required to locate the company’s “Outdoor Heat Exposure Safety Program”.
   True False

4) Employees must frequently consume soda pop, tea, coffee or beverages to ensure hydration.
   True False

5) Employees are “NOT” responsible for monitoring their own personal factors for heat-related illness.
   True False

6) All employees working that may be exposed to heat-related illness must be trained.
   True False

7) Where does heat illness happen?
   a) Direct sun, heat and humidity.
   b) Limited air movement.
   c) Hot equipment.
   d) Heat reflected from ground or objects.
   e) Physical exertion.
   f) Clothing and Personal Protective Equipment
   g) All of the above.
8) Which tips are best for working in the heat?
   a) Work in a “Buddy System”.
   b) Increase breaks.
   c) Alternate heavy work with light work.
   d) Schedule the hardest work for the day during cooler temperatures.
   e) All of the above.

9) Drinking water sources must be:
   a) Closeable and have a tap
   b) Clearly marked/identified
   c) Suitably cool.
   d) Ensure employees have individual cups
   e) All of the above.

10) Heat rash, heat cramps, fainting, heat exhaustion and heat stroke are five main kinds of heat illness.
    True       False

11) Dehydration leads to heat exhaustion which leads to heat stroke.
    True       False

12) Which of the following are signs and symptoms of heat exhaustion?
    a) Headaches, dizziness, light-headedness, or fainting
    b) Weakness
    c) Mood changes, irritability or confusion
    d) Vomiting
    e) Extreme sweating
    f) Decreased and dark-colored urine.
    g) Pale clammy skin
    h) All of the above.

13) I have been trained and informed to know and understand the differences between heat exhaustion and heat stroke.
    True       False

_________________________________________       __________
Employee Signature                               Date

*If you need an answer key please email a request to safety@icmoly.com*