

Quiz and Answers

Heat Stress

**Original: May 2002**

**Amended: March 2011**

**Heat Stress Quiz**

1. Acclimatization to work in a hot environment usually can be achieved in a single shift.

☐ True ☐ False

1. Name the heat-related disorder that is characterized by a tiny blister-like rash.

1. Name two symptoms of Heat Stroke.

4. A personal risk factor that can make one more susceptible to heat stress is poor physical fitness. Name two other personal risk factors.

5. How frequently must the Heat Stress Program be reviewed?

**Heat Stress Answer Guide**

1. Acclimatization to work in a hot environment usually can be achieved in a single shift.

False

1. Name the heat-related disorder that is characterized by a tiny blister-like rash.

Heat Rash or

Prickly Heat

1. Name two symptoms of Heat Stroke

Any two of:

* Hot dry flushed skin
* Sweating may have stopped
* Agitation and confusion
* Headache
* Nausea & vomiting
* Rapid shallow breathing
* Irregular pulse
* Seizures and loss of consciousness
* Shock and cardiac arrest

1. A personal risk factor that can make one more susceptible to heat stress is poor physical fitness. Name two other personal risk factors.

Any two of”

* Lack or acclimatization
* Chronic skin condition
* Using certain medications
* Pre-existing medical condition
* Fever or dehydration
* Use of recreational drugs or alcohol

1. How frequently must the Heat Stress Program be reviewed?

At least annually