



## Heat Stress Prevention Training Quiz Core Services, Inc.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: Stacey Wells

Score: \_\_\_\_\_ out of 20

- 1) What is normal body temperature?
- 2) The most dangerous, and sometimes even fatal, form of heat stress is:
- 3) Alcohol is as good as any other type of drink for restoring your body's fluid loss?
- 4) Perspiration evaporates off the skin and cools the body when it's hot.
- 5) To prevent heat stress, you should:
- 6) The best thing to drink to prevent heat stress is:
- 7) Heat stroke occurs when:
- 8) Symptoms of heat exhaustion include:
- 9) Symptoms of heat stroke include:
- 10) When heat stroke symptoms occur you should immediately:
- 11) When heat exhaustion symptoms occur, you should:

- 12) You may be more likely to experience heat stress if you're overweight and not used to physical exertion.
- 13) A person can become seriously ill, and even die, if his or her body becomes over heated.
- 14) Someone who acts confused, slurs their speech and has hot, dry skin is probably just dehydrated and should take a short break.
- 15) If a person loses consciousness or does not improve after trying to cool him or her down it is best to call for medical help?
- 16) A person experiencing dehydration may show signs or symptoms such as:
- 17) Environmental factors that can contribute to heat stress can be:
- 18) How much water should a person drink to prevent a heat stress situation?
- 19) Using heavy lotions for heat rash is an acceptable method for treatment.
- 20) The best thing for a person suffering from heat exhaustion is an energy drink to help revive them.