



Heat Stress Quiz

		True	False
1.	Increased air movement in the workplace (for example, from fans or the wind) can reduce heat stress because it increases evaporative cooling of the skin.		
2.	The main way the body loses heat is through evaporative cooling of moisture on the skin surface.		
3.	Employees have no role in preventing heat-related illness among their coworkers.		
4.	The risk of heat stress from working indoors at 90°F is equal to the risk working outdoors in direct sunlight at 90°F.		
5.	High humidity in the air increases heat stress by interfering with evaporative cooling of the skin. Moisture on the skin evaporates much more quickly when the air is dry.		
6.	Heat Stroke is a life-threatening medical condition due to heat stress where the body temperature rises above 104°F. Symptoms include disorientation, chills, euphoria, convulsions, and unconsciousness. Immediate, aggressive cooling must be undertaken to save the worker's life.		
7.	Heat stress may result from the buildup of muscle generated heat in the body.		
8.	By wearing loose-fitting, light colored clothing to work, you can lower your risk for a heat related illness.		
9.	The best thing for a person suffering from heat exhaustion is an energy drink to help revive them.		
10.	P.A.S.T. , Stands for Plan to Work in the heat, Access to water fluids, Shade access for breaks & Training for employees.		

Answers on Page #2.

Answers: 1.True 2.True 3.False 4.False 5.True 6.True 7.True 8.True 9.False 10.True