

Heat Illness Quiz

This is a quiz that following the regular annual heat illness prevention training for Inyo County 2019

1. What are the four magic words in Heat Illness Prevention?

Mark only one oval.

- Water, shade, planning, training
- Ice, elevation, evacuation, recovery
- Nausea, cramps, fainting, convulsions

2. What are the symptoms of heat stroke

Mark only one oval.

- Dizziness, headache, sweaty skin, weakness, cramps
- Red hot dry skin, high temperature, confusion, fainting, convulsions
- cold bluish skin, cough, chest pain, abdominal swelling, lack of breath

3. Where should you rest when it's hot? (choose BEST answer)

Mark only one oval.

- In your car
- Inside a building
- In the shade
- Anywhere outdoors

4. How often should you drink water?

Mark only one oval.

- Every 15 minutes
- When thirsty
- Hourly
- When someone tells you to

5. How should you dress for work outside in heat?

Mark only one oval.

- Dark colors
- Light colors
- Doesn't matter
- Whatever is most comfortable

6. Can Heat Illness be prevented in Death Valley summers?

Mark only one oval.

- No. It's too hot for humans.
- Yes, with water, shade, training, and planning
- Yes, but only with luck

7. What is OSHA's heat help line?

Mark only one oval.

- 1-877-99-CALOR
- 1-760-872-2908
- 911

8. How much water does employer have to provide to an employee who works outdoors?

Mark only one oval.

- Eight eight-ounce glasses
- At least one quart per hour, or four eight ounce glasses, of water per hour
- Four four-ounce glasses
- 64 ounces per job site

9. At what temperature in California must an employer provide access to shade at all times for employees? (must construct if no other shade source is available)

Mark only one oval.

- 80 degrees
- 90 degrees
- 70 degrees
- 85 degrees

10. What should be done if someone has symptoms of heat stroke? (check all that apply)

Mark only one oval.

- Call for medical help
- Begin First Aid
- Move person to shade
- Give sips of water (if not vomiting)
- Loosen clothing
- Help cool person
- Do nothing and wait for help to arrive

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