Name _____     Date _____

**1)** Ways that the body loses and gains heat include all of the following **except** _____.

    A. Evaporation

    B. Reflection

    C. Radiation

    D. Convection

**2)** Heat index is based on air temperature and _____.

    A. Humidity

    B. The level of exertion

    C. The clothing and PPE worn

    D. Air movement

**3)** An employee working near an oven in a bakery is nauseated, dizzy, and sweating profusely. These are symptoms of what heat illness?

    A.  Heat cramps

    B.  Heat stroke

    C.  Heat exhaustion

    D.  None of the above.

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**4)** Which of the following should you do for someone with heat stroke? Choose all that apply.

    A. Give the victim clear juice or a sports beverage to drink, if conscious.

    B. Give the victim water to drink, if conscious.

    C. Notify your supervisor.

    D. Do not move the victim.

**5)** Prior to an emergency, the site supervisor must establish effective means of communication through _____. Choose all that apply.

    A. Voice

    B. Visual gesture

    C. Electronic means

**6)** Acclimatization is _____.

    A. An increase in ambient air temperature

    B. A method of controlling radiant heat energy

    C. The process of becoming accustomed to a temperature

    D. A heat illness characterized by a lack of perspiration

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**7)** Rest areas must be adequately sized to accommodate one-third of the employees at a time.

    A.  True

    B.  False

**8)** Shorten employees' work cycles and increase their rest periods if their body temperatures are over 98.6°F.

    A. True

    B. False

**9)** Extra measures to protect employees from extreme heat conditions are necessary when work site temperatures equal or exceed _____ WBGT.

    A. 85°

    B. 90°

    C. 80°

    D. 100°

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**10)** When work site temperatures equal or exceed 86 WBGT and employees are working very hard,employees should rest _____ minutes every _____ hours.

     A. 15, 3

     B. 45, 1

     C. 45, 3

     D. 45, 2

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**Answer Key**

1. B

2. A

3. C

4. B & C

5. A, B & C

6. C

7. B

8. A

9. C

10. B

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