



# Heat Safety Quiz

## Preventing Heat Illness at Work

1. What percentage of heat illness fatalities occur during the first week of work?
  - 50%
  - 60%
  - 70%
  - 80%
  
2. What is a recommended location to take breaks to cool down?
  - Under direct sunlight
  - In a designated shady or cool location
  - Near heavy machinery
  - Inside a vehicle
  
3. How much cool water should workers drink, even if they are not thirsty?
  - at least 1 cup every 5 minutes
  - at least 1 cup every 20 minutes
  - at least 1 cup every 40 minutes
  - at least 1 cup every 60 minutes
  
4. What type of clothing is recommended for heat conditions?
  - Dark-colored and tight-fitting
  - Light-colored and loose-fitting
  - Dark-colored and loose-fitting
  - Reflective and breathable

5. What should be done if a face covering gets wet or soiled?
- Remove it
  - Change it
  - Ignore it
  - Wash it immediately
6. Which of the following is NOT a sign of a heat illness medical emergency?
- Abnormal thinking or behavior
  - Slurred speech
  - Seizures
  - Sweating heavily
7. What is the first step if a worker shows signs of a heat illness medical emergency?
- Give them water
  - Move them to shade
  - Call 911 immediately
  - Take off their clothing
8. What should you do while waiting for help after calling 911 for a heat illness emergency?
- Leave the worker alone
  - Stay with the worker and cool them with water or ice
  - Give them food
  - Make them walk around
9. Which action is recommended if a worker is experiencing headache or nausea?
- Give them coffee
  - Increase their workload
  - Give them water and move to a cooler area
  - Ignore the symptoms
10. What should you do if in doubt about a worker's heat illness symptoms?
- Move the worker to a cooler place and provide water
  - Call 911
  - Monitor the worker closely and remove any excess clothing
  - All of the above