

**Heat Stress – Quiz**

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|-----|------|-------|--|
| 1. | True | False | Heat rash is caused by humid conditions where perspiration cannot evaporate from the skin. |
| 2. | True | False | Some people feel the effects of heat stress less than others. |
| 3. | True | False | Acclimatization is the development of the ability to work in a hot environment by gradually getting yourself used to the conditions. |
| 4. | True | False | Heat stroke can result in coma and permanent brain damage. |
| 5. | True | False | The three major heat-stress disorders are heat cramps, heat exhaustion, and heat stroke. |
| 6. | True | False | Air movement helps lower your body temperature. |
| 7. | True | False | Your SDS issued water bottle can only be filled once per day. |
| 8. | True | False | Conduction is how your body stores heat. |
| 9. | True | False | You can ignore minor heat disorders without risking more serious heat stress effects. |
| 10. | True | False | You only need to replace fluids when you feel hot and thirsty. |
| 11. | True | False | Heat stress symptoms can include high body temperature, heavy perspiring, cool clammy skin as well as dry skin and headache. |
| 12. | True | False | The temperature in which the heat exposure action level applies to SDS Lumber Company employees is 77 degrees. |
| 13. | True | False | SDS Lumber Company must ensure that all employees have the opportunity to drink at least 1 quart of drinking water per hour. |
| 14. | True | False | Supervisors must monitor the employee's consumption of water and personal factors including the onset of heat related issues. |

Training Record for Heat Stress

This is to certify that I have been trained and informed on the hazards and precautions associated with heat stress in my work as required in the company's written heat stress program.

EMPLOYEE NAME _____

PRINT _____ SIGNATURE _____

DATE _____ TRAINER _____



Heat Stress – Answers to Quiz

| | |
|-----------|--|
| 1. True | |
| 2. True | |
| 3. True | |
| 4. True | |
| 5. True | |
| 6. True | |
| 7. False | You can fill your SDS issued water bottle during your scheduled break or whenever you feel the need. |
| 8. False | Conduction is how your body transfers heat to. |
| 9. False | Heat stress can become life threatening if precautions are not taken to reduce heat effects. |
| 10. False | When working in heat, you should replace fluids before you become thirsty. |
| 11. True | |
| 12. True | |
| 13. True | |
| 14. False | Employees are responsible for monitoring the consumption of water and personal factors including the onset of heat related issues. Supervisors must ensure that employees that are showing signs of heat related issues are monitored to determine if medical attention is needed. |

Heat Stress - LESSON PLAN

1. Hand out the pencils to be used for the quiz. Make sure that you have enough pencils for your crew.
2. Pass around the sign in sheet and ask everyone to please print and sign their names.
3. Review Heat Stress Training/Quiz Document.
4. Hand out quizzes.
5. Answer any questions on the subject that the crew might have. If you don't know the answer, tell them you will find the answer and get back to them. (Make sure you do what you said you would do.)
6. Collect the papers and pencils and thank the group for their dedication to safety.
7. Send sign-in sheet and quizzes to the EHS Office for recording.