



Employee Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Cold Stress Test

1. When the body loses heat faster than it can produce heat, the body enters \_\_\_\_\_.
  - a. Hypothermia
  - b. Hyperthermia
2. Risk factors that contribute to cold stress include \_\_\_\_\_.
  - a. Wetness/dampness
  - b. Predisposing health conditions such as hypertension.
  - c. Poor physical conditioning
  - d. All of the above
3. An injury caused by freezing of the skin and underlying tissues is known as \_\_\_\_\_.
4. Layering provides the best insulation. How many layers is best?
  - a. 2
  - b. 3
  - c. 4
  - d. 5
5. Personal Protective Equipment should be appropriate for the weather.
  - a. True
  - b. False



6. Symptoms of trench foot most often will include redness of the skin, swelling, numbness, and \_\_\_\_\_.
7. Which of the following is an engineering control that employers can use to protect workers from cold stress?
  - a. Radiant heaters
  - b. Layered PPE
  - c. Proper Training
  - d. Alternating work schedule
8. Wind chill is the temperature your body feels when air temperature and wind speed is combined.
  - a. True
  - b. False
9. If a person is suffering from frostbite, what can be done?
  - a. Loosely cover and protect the area from contact
  - b. Avoid breaking blisters
  - c. Give warm, sweetened drinks
  - d. All of the above
10. Hypothermia is considered a medical emergency.
  - a. True
  - b. False



## Answer Key

1. A
2. D
3. Frostbite
4. B
5. True
6. Blisters
7. A
8. True
9. D
10. A