



Employee Name: _____ Date: _____

Heat Stress Test

1. When the body's heat-regulating mechanisms fail to work, the body enters _____.
 - a. Hypothermia
 - b. Hyperthermia
2. The levels of heat illness are heat rash, heat cramps, heat _____, and heat stroke.
3. What occupational factors contribute to heat illness?
 - a. High temperature and humidity
 - b. Direct sun exposure
 - c. Physical exertion
 - d. All of the above
4. What temperature is life threatening and is usually accompanied by confusion, nausea or vomiting?
 - a. 104 F
 - b. 101 F
 - c. 98.6 F
 - d. 100 F
5. Most heat related problems is preventable.
 - a. True
 - b. False



6. What is the age group at biggest risk for heat related injury?
 - a. 14 to 18
 - b. 19 to 40
 - c. 41 to 60
 - d. 60 and older

7. What can help to minimize overexertion and heat exposure?
 - a. Speeding up the pace
 - b. Rotating job functions
 - c. Alternate work/rest cycles
 - d. Both B and C

8. Which is NOT an example of an engineering control for Heat Stress?
 - a. Air conditioning/Cooling fans
 - b. Increased general ventilation
 - c. Elimination of steam leaks
 - d. Taking a break from the heat

9. OSHA's campaign to prevent heat illness highlights Water, Rest, and _____ to prevent heat illness.

10. A heat stroke is considered a medical emergency.
 - a. True
 - b. False



Answer Key

1. B
2. Exhaustion
3. D
4. A
5. A
6. D
7. D
8. D
9. Shade
10. A