

# EXAM A

Choose the best answer for each multiple-choice question. There is only one best answer for each question.

Name: \_\_\_\_\_

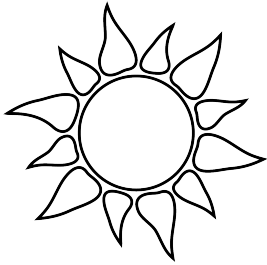
Date: \_\_\_\_\_

1. Work practices that can reduce the risk of heat-related illnesses include:
  - a. Limiting the time workers spend in hot environments
  - b. Training workers to recognize the signs and symptoms of heat illnesses
  - c. Instituting a heat acclimatization plan
  - d. All of the above
  
2. The best description of adequate cool water is:
  - a. Water less than 59°F
  - b. Potable water less than 59°F provided in individual not communal drinking cups
  - c. Potable water less than 79°F provided in individual not communal drinking cups
  - d. Individual store-bought water bottles
  
3. Workers that will be working in the heat for over 2 hours should be encouraged to drink:
  - a. A cup of cool water every two hours
  - c. Two cups of cool water every hour
  - d. A cup of cool water every 15 to 20 minutes
  - e. Coffee at every break
  
4. During prolonged sweating lasting several hours workers should:
  - a. Double the amount of water they have been drinking
  - b. Take salt tablets at every break
  - c. Drink a sports drink that contains electrolytes
  - d. Drink a carbonated diet soda
  
5. Signs and symptoms of heat exhaustion include:
  - a. Sleepiness and hot dry skin
  - b. Unequal pupils
  - c. Headache, dizziness, irritability, heavy sweating, and nausea
  - d. Excessive urination
  
6. Risk factors for hyponatremia include:
  - a. Exercising for an hour in extreme heat
  - b. Exercising for greater than 4 hours, drinking excessive quantities of water, over hydrating before exercise and extreme heat
  - c. Drinking water in extreme heat
  - d. Drinking sports drinks and eating salty snacks

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7. All of these are risk factors for heat-related illnesses except:
  - a. Direct sun exposure
  - b. High temperatures
  - c. Working under a shade structure
  - d. Limited air movement
  
8. A heat acclimatization plan should include:
  - a. Plans for providing adequate cool water to workers
  - b. A work and rest schedule
  - c. Plans for providing a cool area for workers to rest and recover
  - d. All of the above
  
9. Dehydration occurs when:
  - a. Someone does not eat enough the night before physical activity in high temperatures
  - b. The water lost from sweating is not completely replaced
  - c. Workers drink sports drinks rather than water
  - d. Workers are working outside during the summer
  
10. Workers may be more susceptible to heat-related illness if they:
  - a. Drink sports drinks while working in the heat
  - b. Have recently drunk alcohol
  - c. Acclimatize to the heat over 7 to 10 days
  - d. Increase air movement in their work area
  
11. Heat acclimatization or heat tolerance can be regained after a week-long vacation:
  - a. By drinking extra fluids the first day returning to work
  - b. In 7 to 10 days upon returning to a hot job
  - c. In 2 to 3 days upon returning to a hot job
  - d. By working extra hard the first few days back
  
12. Signs and symptoms of heat stroke include:
  - a. Muscle cramps in the arms or legs
  - b. Confusion, hot dry skin (but sometimes heavy sweating), flushed face, very high body temperature, seizures and unconsciousness
  - c. Headache, dizziness, irritability, heavy sweating and nausea
  - d. Excessive urination
  
13. The heat-related illness that is always a medical emergency and requires a 911 call is:
  - a. Heat cramps
  - b. Hyponatremia
  - c. Heat stroke
  - d. Heat exhaustion

14. Signs and symptoms of hyponatremia include:
  - a. Muscle cramps in the arms or legs
  - b. Confusion, hot dry skin (but sometimes heavy sweating), flushed face, very high body temperature, seizures and unconsciousness
  - c. Headache, dizziness, irritability, heavy sweating and nausea
  - d. Nausea, vomiting, confusion, frequent urination and may appear intoxicated
  
15. First aid for heat stroke includes:
  - a. Calling 911
  - b. Moving the worker to shade
  - c. Cooling the worker quickly
  - d. All of the above
  
16. Early signs and symptoms of heat intolerance include:
  - a. Seizures
  - b. Loss of consciousness
  - c. Hunger
  - d. Weakness, unsteady gait, irritability, disorientation, changes in skin color or general malaise
  
17. First aid for hyponatremia includes:
  - a. Drinking sports drinks and eating salty snacks
  - b. Taking salt tablets
  - c. Drinking large quantities of water
  - d. Taking a nap
  
18. Personal protective equipment (PPE) can increase a worker's risk for heat illnesses when it:
  - a. Limits air movement and the cooling effects of sweating
  - b. Is very expensive to buy
  - c. Has a cooling system
  - d. Reflects heat
  
19. When possible workers should wear the following to reduce their risk for heat illnesses:
  - a. Chemical hazard suit
  - b. Multiple layers of insulating clothing
  - c. Dark colored or tight-fitting clothing
  - d. A sun hat and lightweight, light-colored and loose-fitting clothing
  
20. First aid for heat exhaustion does not include:
  - a. Having the worker sip cool water or an electrolyte drink
  - b. Removing the worker from hot area
  - c. Giving salt tablets
  - d. Cooling the worker with cold compresses

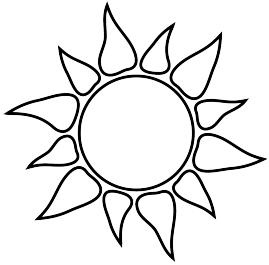


# EXAM A - ANSWER KEY

1. Work practices that can reduce the risk of heat-related illnesses include:
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2. The best description of adequate cool water is:
  - a. Water less than 59°F
  - b. Potable water less than 59°F provided in individual not communal drinking cups**
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  - a. A cup of cool water every two hours
  - c. Two cups of cool water every hour
  - d. A cup of cool water every 15 to 20 minutes**
  - e. Coffee at every break
  
4. During prolonged sweating lasting several hours workers should:
  - a. Double the amount of water they have been drinking
  - b. Take salt tablets at every break
  - c. Drink a sports drink that contains electrolytes**
  - d. Drink a carbonated diet soda
  
5. Signs and symptoms of heat exhaustion include:
  - a. Sleepiness and hot dry skin
  - b. Unequal pupils
  - c. Headache, dizziness, irritability, heavy sweating, and nausea**
  - d. Excessive urination
  
6. Risk factors for hyponatremia include:
  - a. Exercising for an hour in extreme heat
  - b. Exercising for greater than 4 hours, drinking excessive quantities of water, over hydrating before exercise and extreme heat**
  - c. Drinking water in extreme heat
  - d. Drinking sports drinks and eating salty snacks

7. All of these are risk factors for heat-related illnesses except:
- a. Direct sun exposure
  - b. High temperatures
  - c. Working under a shade structure**
  - d. Limited air movement
8. A heat acclimatization plan should include:
- a. Plans for providing adequate cool water to workers
  - b. A work and rest schedule
  - c. Plans for providing a cool area for workers to rest and recover
  - d. All of the above**
9. Dehydration occurs when:
- a. Someone does not eat enough the night before physical activity in high temperatures
  - b. The water lost from sweating is not completely replaced**
  - c. Workers drink sports drinks rather than water
  - d. Workers are working outside during the summer
10. Workers may be more susceptible to heat-related illness if they:
- a. Drink sports drinks while working in the heat
  - b. Have recently drunk alcohol**
  - c. Acclimatize to the heat over 7 to 10 days
  - d. Increase air movement in their work area
11. Heat acclimatization or heat tolerance can be regained after a week-long vacation:
- a. By drinking extra fluids the first day returning to work
  - b. In 7 to 10 days upon returning to a hot job
  - c. In 2 to 3 days upon returning to a hot job**
  - d. By working extra hard the first few days back
12. Signs and symptoms of heat stroke include:
- a. Muscle cramps in the arms or legs
  - b. Confusion, hot dry skin (but sometimes heavy sweating), flushed face, very high body temperature, seizures and unconsciousness**
  - c. Headache, dizziness, irritability, heavy sweating and nausea
  - d. Excessive urination
13. The heat-related illness that is always a medical emergency and requires a 911 call is:
- a. Heat cramps
  - b. Hyponatremia
  - c. Heat stroke**
  - d. Heat exhaustion

14. Signs and symptoms of hyponatremia include:
- a. Muscle cramps in the arms or legs
  - b. Confusion, hot dry skin (but sometimes heavy sweating), flushed face, very high body temperature, seizures and unconsciousness
  - c. Headache, dizziness, irritability, heavy sweating and nausea
  - d. Nausea, vomiting, confusion, frequent urination and may appear intoxicated**
15. First aid for heat stroke includes:
- a. Calling 911
  - b. Moving the worker to shade
  - c. Cooling the worker quickly
  - d. All of the above**
16. Early signs and symptoms of heat intolerance include:
- a. Seizures or loss of consciousness
  - b. Weakness, headache and nausea**
  - c. Hunger, flushed skin and excessive sweating
  - d. Slurred speech
17. First aid for hyponatremia includes:
- a. Drinking sports drinks and eating salty snacks**
  - b. Taking salt tablets
  - c. Drinking large quantities of water
  - d. Taking a nap
18. Personal protective equipment (PPE) can increase a worker's risk for heat illnesses when it:
- a. Limits air movement and the cooling effects of sweating**
  - b. Is very expensive to buy
  - c. Has a cooling system
  - d. Reflects heat
19. When possible workers should wear the following to reduce their risk for heat illnesses:
- a. Chemical hazard suit
  - b. Multiple layers of insulating clothing
  - c. Dark colored or tight-fitting clothing
  - d. A sun hat and lightweight, light-colored and loose-fitting clothing**
20. First aid for heat exhaustion does not include:
- a. Having the worker sip cool water or an electrolyte drink
  - b. Removing the worker from hot area
  - c. Giving salt tablets**
  - d. Cooling the worker with cold compresses



# EXAM B

Choose the best answer for each multiple-choice question. There is only one best answer for each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

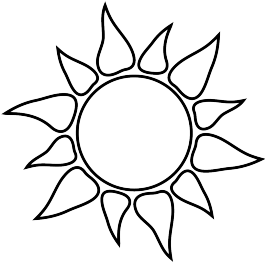
1. Heat-related illnesses are:
  - a. Not preventable
  - b. Serious medical conditions that can occur from working in hot conditions
  - c. Only occur when working outdoors
  - d. Take 3 to 4 days to develop after working outdoors
  
2. To help prevent heat-related illnesses when working outdoors in hot conditions:
  - a. Drink large quantities of water the night before to pre-hydrate
  - b. Wear a hat and dark, tight fitting clothing
  - c. Take frequent breaks in the shade, drink cool water or sports drinks, eat salty snacks, wear a sun hat and light color loose fitting clothing, and work during cooler parts of the day
  - d. Take breaks only when you feel too hot
  
3. To help acclimatize to the heat:
  - a. Gradually increase the time you work in hot conditions
  - c. Work extra hard the first hot day
  - d. Keep working even if you feel sick
  - e. Drink coffee at every break
  
4. When working in heat for longer than two hours, you should drink:
  - a. A cup of water (8 ounces) every hour
  - c. At least a gallon of water every two hours
  - d. A cup of water (8 ounces) every 15 to 20 minutes
  - e. Some water at every break
  
5. When you've been working in the heat and sweating for several hours you should:
  - a. Double the amount of water you've been drinking at every break
  - b. Take salt tablets at every break
  - c. Drink sports drinks that contain electrolytes and eat salty snacks
  - d. Drink a carbonated diet soda
  
6. Factors that may make you more at risk for heat-related illnesses include:
  - a. Over the age of 60
  - b. Obesity and/or lack of physical fitness
  - c. Certain medications, alcohol or caffeine
  - d. All of the above

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7. Signs and symptoms of heat syncope include:
- Confusion, altered mental status, slurred speech, loss of consciousness, hot, dry skin (sometimes profuse sweating), seizures and very high body temperature
  - Nausea, vomiting, confusion, frequent urination and may appear intoxicated
  - Headache, dizziness, irritability, heavy sweating, thirst, decreased urine output, elevated body temperature and nausea
  - Fainting for a short duration, dizziness, and lightheadedness
8. Signs and symptoms of heat exhaustion include:
- Confusion; altered mental status; slurred speech; loss of consciousness; hot, dry skin (sometimes profuse sweating); seizures and very high body temperature
  - Nausea, vomiting, confusion, frequent urination and may appear intoxicated
  - Headache; dizziness; irritability; heavy sweating; decreased urine output; elevated body temperature and nausea; and pale, cool, clammy skin
  - Fainting for a short duration, dizziness, lightheadedness
9. Signs and symptoms of heat stroke include:
- Confusion; altered mental status; slurred speech; loss of consciousness; hot, dry skin (sometimes profuse sweating); seizures and very high body temperature
  - Nausea, vomiting, confusion, frequent urination and may appear intoxicated
  - Headache; dizziness; irritability; heavy sweating; decreased urine output; elevated body temperature and nausea; and pale, cool, clammy skin
  - Fainting for a short duration, dizziness, lightheadedness
10. You may be at risk for hyponatremia if you have been:
- Exercising for an hour in extreme heat
  - Exercising for greater than 4 hours, drinking excessive quantities of water, over hydrating before exercising and working in extreme heat
  - Drinking a cup of water or a sports drink every 15 to 20 minutes and eating salty snacks
  - Drinking sports drinks and eating salty snacks
11. Environmental factors that increase your risk for heat-related illnesses include:
- Direct sun exposure
  - High temperatures and high humidity
  - Limited air movement
  - All of the above
12. The best description of first aid for heat exhaustion is:
- Removing the worker from the hot area, loosening tight clothing, having the worker sip cool water or an electrolyte drink and cooling the worker with cool compresses
  - Removing the worker from the hot area, loosening tight clothing having the worker sip cool water, giving salt tablets and cooling the worker with cool compresses
  - Removing the worker from the hot area and cooling the worker with cool compresses
  - Loosening tight clothing and having the worker sip cool water or an electrolyte drink



13. The best description of first aid for heat stroke is:
- Remove the worker from the hot area, loosen tight clothing, have the worker sip cool water or an electrolyte drink and cool the worker with cool compresses
  - Call 911, remove the worker from the hot area, loosen tight clothing, have the worker sip cool water, give salt tablets and cool the worker with cool compresses
  - Call 911, move the worker to a cool area and remove outer clothing, cool the worker quickly with cold water or an ice bath, circulate the air around the worker, place cold compresses on the head, neck, armpits and groin.
  - Loosening tight clothing, having the worker sip cool water or an electrolyte drink and cooling the worker with cool compresses
14. When you return to work after a week-long vacation:
- You are still acclimatized to heat as you were prior to your vacation
  - You will regain your heat acclimatization in 2 to 3 days
  - You should drink extra fluids the first day you return to work to regain your heat acclimatization
  - You will regain your heat acclimatization in 2 to 3 weeks
15. Which one of these is not a risk factor for heat-related illnesses for indoor workers:
- Heat sources such as ovens and furnaces
  - Proper functioning air conditioning and ventilation
  - High outdoor temperatures and humidity
  - Lack of air movement or insufficient ventilation
16. Your coworker is having a heat cramp in his leg. Your best recommendation is:
- Taking salt tablets
  - Resting, drinking a sports drink and having a salty snack
  - Stretching and applying ice packs
  - Resting and having a salty snack
17. To help prevent heat-related illnesses when working in hot conditions you should wear:
- Multiple layers of clothing
  - A sun hat, sunscreen and lightweight, dark-colored and loose-fitting clothing
  - Impermeable clothing that limits the movement of air and water vapor
  - A sun hat, sunscreen and lightweight, light-colored and loose-fitting clothing
18. The heat-related illness that is always a medical emergency and requires a 911 call is:
- Heat cramps
  - Hyponatremia
  - Heat stroke
  - Heat exhaustion



# EXAM B – ANSWER KEY

1. Heat-related illnesses are:
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- Confusion, altered mental status, slurred speech, loss of consciousness, hot, dry skin (sometimes profuse sweating), seizures and very high body temperature
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- Direct sun exposure
  - High temperatures and high humidity
  - Limited air movement
  - All of the above**
12. The best description of first aid for heat exhaustion is:
- Removing the worker from the hot area, loosening tight clothing, having the worker sip cool water or an electrolyte drink and cooling the worker with cool compresses**
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  - Removing the worker from the hot area and cooling the worker with cool compresses
  - Loosening tight clothing and having the worker sip cool water or an electrolyte drink

13. The best description of first aid for heat stroke is:
- Removing the worker from the hot area, loosening tight clothing, having the worker sip cool water or an electrolyte drink and cooling the worker with cool compresses
  - Calling 911, removing the worker from the hot area, loosening tight clothing, having the worker sip cool water, giving salt tablets and cooling the worker with cool compresses
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