

# PRE-ASSESSMENT

## Heat-Related Illnesses: Recognition, Prevention and Treatment

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

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

This pre-assessment is designed to determine what you already know about heat-related illnesses and their identification, treatment and prevention. You will be asked to complete this assessment again at the end of the training so that we can assess what you have learned and how well the trainer has communicated the main points. This is not a test and you will not be graded on your performance.

**TRUE AND FALSE:** Are these phrases true or false? Circle the correct answer. T for True and F for False.

1. T F Heat-related illnesses are serious medical conditions and sometimes can even be fatal.
2. T F As long as you are sweating you will not get a heat-related illness, since sweating is the body's natural cooling mechanism.
3. T F The best way to prevent heat-related illnesses is to take salt tablets before working in a hot environment.
4. T F If you will be working in the heat for over 2 hours you should drink a cool cup of water every 15 to 20 minutes.
5. T F You can get a heat-related illness if you are working in an indoor hot area.

**MULTIPLE CHOICE:** Choose the best answer for each multiple-choice question. There is only one best answer for each question.

1. Workers acclimatize or become more tolerant of working in heat:
  - a. Over three weeks
  - b. Only when working at least 8 hours a day for 3 days in heat
  - c. Over 7 to 14 days
  - d. Over 2 to 3 days
2. To help prevent heat-related illnesses when working in a hot area, you should:
  - a. Drink several cups of coffee the morning before working in the heat
  - b. Drink plenty of fluids and take frequent breaks
  - c. Avoid eating large meals while working
  - d. Wear several layers of clothing

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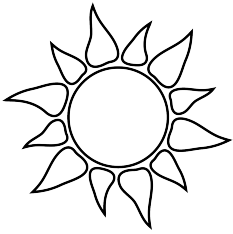
3. If you believe that your coworker may be suffering from heat exhaustion, one of the first steps you should take is to:
  - a. Break for lunch
  - b. Move your coworker out of the heat and into a shady or cool area
  - c. Check their pulse and see if it is over 90 beats per minute
  - d. Remind them to drink plenty of fluids
  
4. If a worker is suffering from heat stroke, you should:
  - a. Refrain from touching the worker because they may have a seizure
  - b. Check to see if they are sweating
  - c. Monitor their breathing and begin CPR
  - d. Call 911 and cool the worker
  
5. To help prevent heat related illnesses wear:
  - a. Lightweight, loose-fitting, light-colored clothing that allows sweat to evaporate and a light-colored wide-brimmed hat
  - b. Personal protective equipment
  - c. Dark-colored clothing that absorbs the heat
  - d. A light-colored wide-brimmed hat and any type or color of clothing

**FILL IN THE BLANK:** Choose the best word or phrase from the list below to complete the sentences.

dehydration  
heat cramps  
heat exhaustion  
heat stroke  
hyponatremia

1. A headache, nausea, dizziness, heavy sweating, irritability, thirst and an elevated body temperature are all signs and symptoms of \_\_\_\_\_.
  
2. A worker suffering from \_\_\_\_\_ may seem confused and have slurred speech and hot, dry, red skin.
  
3. When workers have been sweating heavily during hot work and not replacing the electrolytes lost in sweat, they may experience \_\_\_\_\_.
  
4. If you drink too much water during hot work and do not eat salty snacks and drink sports drinks, you may suffer from \_\_\_\_\_.
  
5. \_\_\_\_\_ occurs when you lose more fluid than you are taking in, and you may have a headache, feel dizzy and not urinate frequently.

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# POST-ASSESSMENT

## Heat-Related Illnesses: Recognition, Prevention and Treatment

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

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

**TRUE AND FALSE:** Are these phrases true or false? Circle the correct answer. T for True and F for False.

1. T F Heat-related illnesses are serious medical conditions and sometimes can even be fatal.
2. T F As long as you are sweating you will not get a heat-related illness, since sweating is the body's natural cooling mechanism.
3. T F The best way to prevent heat-related illnesses is to take salt tablets before working in a hot environment.
4. T F If you will be working in the heat for over 2 hours you should drink a cool cup of water every 15 to 20 minutes.
5. T F You can get a heat-related illness if you are working in an indoor hot area.

**MULTIPLE CHOICE:** Choose the best answer for each multiple-choice question. There is only one best answer for each question.

1. Workers acclimatize or become more tolerant of working in heat:
  - a. Over three weeks
  - b. Only when working at least 8 hours a day for 3 days in heat
  - c. Over 7 to 14 days
  - d. Over 2 to 3 days
2. To help prevent heat-related illnesses when working in a hot area, you should:
  - a. Drink several cups of coffee the morning before working in the heat
  - b. Drink plenty of fluids and take frequent breaks
  - c. Avoid eating large meals while working
  - d. Wear several layers of clothing

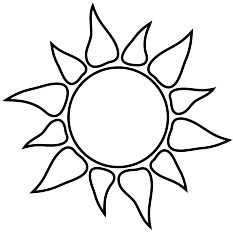
3. If you believe that your coworker may be suffering from heat exhaustion, one of the first steps you should take is to:
  - a. Break for lunch
  - b. Move your coworker out of the heat and into a shady or cool area
  - c. Check their pulse and see if it is over 90 beats per minute
  - d. Remind them to drink plenty of fluids
  
4. If a worker is suffering from heat stroke, you should:
  - a. Refrain from touching the worker because they may have a seizure
  - b. Check to see if they are sweating
  - c. Monitor their breathing and begin CPR
  - d. Call 911 and cool the worker
  
5. To help prevent heat related illnesses wear:
  - a. Lightweight, loose-fitting, light-colored clothing that allows sweat to evaporate and a light-colored wide-brimmed hat
  - b. Personal protective equipment
  - c. Dark-colored clothing that absorbs the heat
  - d. A light-colored wide-brimmed hat and any type or color of clothing

**FILL IN THE BLANK:** Choose the best word or phrase from the list below to complete the sentences.

dehydration  
heat cramps  
heat exhaustion  
heat stroke  
hyponatremia

1. A headache, nausea, dizziness, heavy sweating, irritability, thirst and an elevated body temperature are all signs and symptoms of \_\_\_\_\_.
2. A worker suffering from \_\_\_\_\_ may seem confused and have slurred speech and hot, dry, red skin.
3. When workers have been sweating heavily during hot work and not replacing the electrolytes lost in sweat, they may experience \_\_\_\_\_.
4. If you drink too much water during hot work and do not eat salty snacks and drink sports drinks, you may suffer from \_\_\_\_\_.
5. \_\_\_\_\_ occurs when you lose more fluid than you are taking in, and you may have a headache, feel dizzy and not urinate frequently.

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# PRE/POST-ASSESSMENT - ANSWER KEY

## Heat-Related Illnesses: Recognition, Prevention and Treatment

**TRUE AND FALSE:** Are these phrases true or false? Circle the correct answer. T for True and F for False.

1. **True** Heat-related illnesses are serious medical conditions and sometimes can even be fatal.
2. **False** As long as you are sweating you will not get a heat-related illness, since sweating is the body's natural cooling mechanism.
3. **False** The best way to prevent heat-related illnesses is to take salt tablets before working in a hot environment.
4. **True** If you will be working in the heat for over 2 hours you should drink a cool cup of water every 15 to 20 minutes.
5. **True** You can get a heat-related illness if you are working in an indoor hot area.

**MULTIPLE CHOICE:** Choose the best answer for each multiple-choice question. There is only one best answer for each question.

1. Workers acclimatize or become more tolerant of working in heat:
  - a. Over three weeks
  - b. Only when working at least 8 hours a day for 3 days in heat
  - c. Over 7 to 14 days**
  - d. Over 2 to 3 days
2. To help prevent heat-related illnesses when working in a hot area, you should:
  - a. Drink several cups of coffee the morning before working in the heat
  - b. Drink plenty of fluids and take frequent breaks**
  - c. Avoid eating large meals while working
  - d. Wear several layers of clothing
3. If you believe that your coworker may be suffering from heat exhaustion, one of the first steps you should take is to:
  - a. Break for lunch
  - b. Move your coworker out of the heat and into a shady or cool area**
  - c. Check their pulse and see if it is over 90 beats per minute
  - d. Remind them to drink plenty of fluids

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4. If a worker is suffering from heat stroke, you should:
  - a. Refrain from touching the worker because they may have a seizure
  - b. Check to see if they are sweating
  - c. Monitor their breathing and begin CPR
  - d. **Call 911 and cool the worker**
  
5. To help prevent heat related illnesses wear:
  - a. **Lightweight, loose-fitting, light-colored clothing that allows sweat to evaporate and a light-colored wide-brimmed hat**
  - b. Personal protective equipment
  - c. Dark-colored clothing that absorbs the heat
  - d. A light-colored wide-brimmed hat and any type or color of clothing

**FILL IN THE BLANK:** Choose the best word or phrase from the list below to complete the sentences.

dehydration  
heat cramps  
heat exhaustion  
heat stroke  
hyponatremia

1. A headache, nausea, dizziness, heavy sweating, irritability, thirst and an elevated body temperature are all signs and symptoms of **heat exhaustion**.
  
2. A worker suffering from **heat stroke** may seem confused and have slurred speech and hot, dry, red skin.
  
3. When workers have been sweating heavily during hot work and not replacing the electrolytes lost in sweat, they may experience **heat cramps**.
  
4. If you drink too much water during hot work and do not eat salty snacks and drink sports drinks, you may suffer from **hyponatremia**.
  
5. **Dehydration** occurs when you lose more fluid than you are taking in, and you may have a headache, feel dizzy and not urinate frequently.