QUIZ

CONSTRUCTION SAFETY SERIES:  
Heat Stress

Name: __________________________  Date: __________________

1. What is normal body temperature?
___ 96.8°
___ 98.6°
___ 99.8°
___ 106°

2. True or False... To maintain your body's internal "balance" you must replace both fluids and minerals?
___ True
___ False

3. The most serious heat-related illness is...?
___ Heat stress.
___ Heat stroke.
___ Heat exhaustion.

4. In hot environments how much water can the average person's body lose in an hour through sweating?
___ A pint.
___ A quart.
___ A gallon.

5. If you are working in a high heat area, doctors suggest that you should stop for a drink every how many minutes?
___ 10 minutes.
___ 15 to 20 minutes.
___ 60 minutes.

6. True or False... Clothes of dark-colored materials are best in hot environments?
___ True
___ False

7. True or False... Alcohol is as good as any other type of drink for restoring your body's fluid loss?
___ True
___ False
CONSTRUCTION SAFETY SERIES:

Heat Stress

PRESENTER'S COPY...WITH ANSWERS

1. What is normal body temperature?
   - 96.8°
   - 98.6°  **X**
   - 99.8°
   - 106°

2. True or False... To maintain your body's internal "balance" you must replace both fluids and minerals?
   - **X** True
   - False

3. The most serious heat-related illness is...?
   - Heat stress.  **X**
   - Heat stroke.
   - Heat exhaustion.

4. In hot environments how much water can the average person's body lose in an hour through sweating?
   - A pint.
   - A quart.  **X**
   - A gallon.

5. If you are working in a high heat area, doctors suggest that you should stop for a drink every how many minutes?
   - 10 minutes.
   - **X** 15 to 20 minutes.
   - 60 minutes.

6. True or False... Clothes of dark-colored materials are best in hot environments?
   - True
   - **X** False

7. True or False... Alcohol is as good as any other type of drink for restoring your body's fluid loss?
   - True
   - **X** False