

Exam – Heat Illness Prevention

True (T) or False (F)

1. T F Heat illnesses can include serious injuries and even death.
2. T F Heat illness typically occurs in four stages.
3. T F If you are unsure of the extent of a heat illness, you should seek immediate medical attention.
4. T F Heatstroke is the first stage of a heat illness.
5. T F If you have the symptoms of heat cramps or heat exhaustion you should move to a cool and shaded location and drink water.
6. T F Employers should have a written heat illness prevention plan and implement and train employees on the plan provisions.
7. T F If heatstroke is suspected, seek immediate medical treatment.
8. T F Severe muscle cramps in the legs and abdomen with excessive sweating are symptoms of heat cramps.

(Select the best answer)

9. **Workers that may be at a higher risk of a heat illness are:**
 - A. New employees
 - B. Workers returning from being off for a week or more
 - C. All employees during an extreme heat wave
 - D. All of the above
10. **Factors which affect the body's ability to regulate heat are:**
 - A. Wearing insulated clothing
 - B. Exertion
 - C. Sun and humidity
 - D. All of the above