PRESS ENERGY SERVICES SAFETY COURSES

“HEAT EXHAUSTION PREVENTION”

1. SIGNS OF HEAT STROKE MAY INCLUDE:

A. NO SWEATING B.LOSS OF CONSCIOUSNESS

C. SEIZURES D. ALL OF THE ABOVE

1. CALL 911 AND GET MEDICAL HELP IMMEDIATELY WHEN A WORKER SHOWS SIGNS OF\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

A. HEAT RASH B. HEAT CRAMPS

C. HEAT EXHAUSTION D. HEAT STROKE

3. \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ OCCURS WHEN THE BODY TEMPERATURE IS GREATER 100.4 DEGREES AND CAN INCLUDE HEAVY SWEATING, HEADACHES, NAUSEA, CONFUSION, WEAKNESS AND THIRST.

 A. HEAT STROKE B. HEAT EXHAUSTION

 C. HEAT CRAMPS D. HEAT RASH

4. MOVING THE WORKER TO A SHADY LOCATION, REMOVING CLOTHING AND PLACING COOL WET CLOTH ON THE FACE, NECK AND BODY ARE THE IMMEDIATE FIRST AID TREATMENT FOR WHICH HEAT RELATED ILLNESS.

 A. HEAT STROKE B. HEAT RASH

 C. HEAT EXHAUSTION D. BOTH AND C

5. HEAT CRAMPS ARE CAUSED BY THE LOSS OF BODY SALTS AND FLUID DURING SWEATING.

 A. TRUE B. FALSE

6. WORKERS CAN NEVER DRINK TO MUCH WATER.

 A. TRUE B. FALSE

7. \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ OCCURS WHEN THE BODY’S TEMPERATURE REGULATING SYSTEM FAILS AND BODY TEMPERATURE RISES TO GREATER THAN 104 DEGREES. IT CAN RESULT IN DEATH.

8. WHICH OF THE FOLLOWING ARE WORK PRACTICES TO PREVENT HEAT RELATED HEALTH EFFECTS?

 A. GRADUAL EXPOSURE TO WORKING IN HOT ENVIRONMENTS

 B. PROVIDING PLENTY OF COOL WATER IN CONVIENT LOCATIONS

 C. TRAINING ABOUT HEAT STRESS HAZARDS AND WAYS TO PREVENT THEM

 D. ALL THE ABOVE

9. WHICH OF THE FOLLOWING IS THE PROPER TREATMENT FOR HEAT CRAMPS?

 A. APPLYING POWDER TO THE AFFECTED MUSCLE.

 B. REPLACING FLUID LOSS BY DRINKING WATER OR ELECTROLYTE REPLACEMENT FLUIDS

 C. CALLING 911

 D. REMOVING SHOES AND SOCKS

10. FACTORS THAT MAY CAUSE HEAT-RELATED ILLNESS INCLUDE:

 A. LOW FLUID CONSUMPTION

 B. HIGH TEMPERATURE AND HUMIDITY

 C. DIRECT SUN EXPOSURE

 D. PHYSICAL EXERTION

 E. ALL THE ABOVE