

## TEST QUESTIONS: HEAT STRESS

<b>Your Name:</b>		<b>Date:</b>	
<b>Company:</b>		<b>IEC #:</b>	

The *BSO Plus Safety Topic* is a review designed from the BSO Plus agenda. This safety topic is your way to stay current on the safety information over the 3 years between BSO Plus and BSR.

### 1. Match the physical condition caused by heat stress to its symptoms.

- |                    |       |   |
|--------------------|-------|---|
| a) Heat Rash       | _____ | Painful cramps in the most worked muscles, like the arms, legs, or stomach, which can occur suddenly or later at home.  |
| b) Heat Cramps     | _____ | Red bumpy rash with severe itching.   |
| c) Heat Exhaustion | _____ | Body temperature over 41°C plus any one of the following: weak, confused or acting strangely; hot, dry, red skin; fast pulse; headache or dizziness. Possible fainting or convulsions in late stages. |
| d) Heat Stroke     | _____ | Heavy sweating; cool moist skin; body temperature over 38 °C; weak pulse; nausea and vomiting; very thirsty; panting or breathing rapidly.  |

### 2. In Ontario, heat stress is usually of greatest concern at the end of the summer season when temperatures are the highest.

- True
- False

### 3. Heat stress can be caused by:

- Higher temperatures and humidity
- Performing heavy physical work in warm environments
- Working alongside hot equipment
- Wearing certain types of protective clothing
- All of the above

4. The hazards associated with exposure to heat and humidity can be compounded by other factors, such as performing heavy physical work, wearing certain types of PPE, and taking certain medications.
  - a. True
  - b. False
  
5. The Safety Partnership's Heat Stress guidelines recommend the following controls for heat stress: (Circle all that apply)
  - a. Issuing alerts
  - b. Reducing physical activity
  - c. Drinking water only when thirsty
  - d. Stopping non-essential work