

CONSTRUCTION

EMPLOYEE HANDOUT

HEAT HAZARDS

Complete sentences by choosing the correct letter from the list below.

1. Risk factors for heat illness include...

2. High temperatures and humidity...

3. Personal factors that increase the chances for heat related illnesses...

4. Signs of heat exhaustion include...

5. Heat related illness can be prevented by...



Choose the correct letter:

- a. Prevent the body from cooling itself by sweating.
- b. Drinking plenty of cool drinking water, frequent rest breaks away from the hot environment, and reducing the amount of strenuous and physically demanding work.
- c. Excessive sweating, cool, moist skin, headache, weakness, lightheadedness, and irritability.
- d. High temperatures, the Heat Index, direct sun exposure, poor air circulation, and radiant heat.
- e. Health conditions (obesity, diabetes and medications), low tolerance for hot environments, not drinking enough water, and clothing and PPE that is bulky and non-breathable.

Answer to Quiz:

- 1) d: High temperatures, the Heat Index, direct sun exposure, poor air circulation, and radiant heat.
- 2) a: Prevent the body from cooling itself through the act of sweating.
- 3) e: Health conditions (obesity, diabetes and medications), low tolerance for working in hot environments, not drinking enough water, and wearing clothing and PPE that is bulky and non-breathable.
- 4) c: Excessive sweating, cool, moist skin, headache, weakness, lightheadedness, and irritability.
- 5) b: Drinking plenty of cool drinking water, frequent rest breaks away from the hot environment, and reducing the amount of strenuous and physically demanding work.



Employee _____

Date _____