

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 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, 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**