1. Work that has a high potential for causing heat stress involves _____.
   A. Chilly weather
   B. High humidity
   C. Shade
   D. Water

2. Heat ____ is the most serious form of heat stress.
   A. Cramps
   B. Exhaustion
   C. Rash
   D. Stroke

3. It is recommended that you drink water every ______ minutes.
   A. 15
   B. 20
   C. 25
   D. 30

4. ______ should set up a complete heat illness prevention plan.
   A. You
   B. Your coworker
   C. Your employer
   D. Your friend

5. Heat ______ are caused by loss of body salts and fluid during sweating.
   A. Burns
   B. Cramps
   C. Rashes
   D. Strokes

6. ______ beverages that contain alcohol or caffeine.
   A. Drink many
   B. Avoid
   C. Buy
   D. Drink

7. Heat ______ is the body’s response to loss of water and salt from heavy sweating.
   A. Burn
   B. Exhaustion
   C. Rash
   D. Stroke

8. If a worker is not alert or seems confused, call ______ immediately.
   A. 911
   B. 811
   C. 711
   D. 611

9. ______, arms, and the abdomen are usually affected by cramps.
   A. Ears
   B. Eyes
   C. Fingers
   D. Legs

10. ______ check on workers who are at risk for heat stress because they are wearing protective clothing and are being exposed to high temperatures.
    A. Never
    B. Rarely
    C. Routinely
    D. Sometimes
Instructors: The following key shows the answers for the Heat Stress safety meeting quiz.

1. B
2. D
3. A
4. C
5. B
6. B
7. B
8. A
9. D
10. C