Assessment

HEAT HAZARDS

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ASSESSMENT - HEAT HAZARDS

Name: …………………………………………………

Date: ………………………………………………….

I.D. (if applicable): …………………………………

Score

1. Which of these is not a potential cause of heat hazards?
   a) Sources of radiant heat
   b) High air temperature
   c) Cool water
   d) High humidity

2. The itchy red rash caused by blocked sweat glands is called ____
   a) Repetitive stress injury
   b) Heat rash
   c) A flash burn
   d) Sunburn

3. What is the best way to treat heat cramps?
   a) Rest and drink water or an electrolyte drink
   b) Get more exercise
   c) Apply sunscreen
   d) Wear chemical protective clothing

4. Someone suffering heat collapse should be moved ____.
   a) To a different workplace
   b) To a cool area
   c) To higher ground
   d) Into the sunlight
5. What should you do if someone is suffering heat stroke?
   a) Maintain an open airway
   b) Seek medical assistance
   c) Use cool water to reduce temperature
   d) All of the above

6. Which of these is not a potential safety issue raised by working in hot environments?
   a) Fatigue and disorientation
   b) Slippery hands
   c) Discarding required personal protective equipment
   d) Protrusion hazards

7. Hot air or steam can be removed from a heat source by use of ____.
   a) Safety harnesses
   b) Heat shields
   c) An exhaust system
   d) Acclimatisation

8. Air movement is increased and humidity reduced by the use of ____.
   a) Rest breaks
   b) Fans
   c) Water
   d) Personal protective equipment

9. When working in hot or humid conditions, ____ should be increased in frequency and duration.
   a) Rest breaks
   b) Working hours
   c) Holidays
   d) Physical activity

10. People who are new to the workplace should be ____.
    a) Given time to acclimatise to the heat
    b) Wearing heavier clothing
    c) Assigned to more strenuous tasks
    d) Hotter