



**Short
Safety
Subject**

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:
www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

How Much Do You Know About Heat Stress?

The body is affected by heat stress on the job more than many workers think. This quiz can be used to test employees' knowledge about the hazards of heat stress.

1. High temperatures put stress on the body because the surface blood vessels True False expand and the pulse increases.
2. You only need to replace fluids when you feel hot or thirsty. True False
3. Applying sunscreen once before work is enough to protect you throughout True False the day.
4. A sunburn can affect your body's cooling system. True False
5. Heat-stress symptoms can include high body temperature, heavy True False perspiring, cool and clammy skin as well as dry skin and headache.
6. It is important to replace vital body fluids with five to seven ounces True False of water every 15 to 20 minutes to avoid dehydration when working in a hot environment.
7. As long as you are sweating, your body is being cooled. True False
8. Heat stress victims should have their legs elevated and muscles True False massaged in the shade.
9. Since heat rash can be caused by wet skin, it is not advisable to True False bathe regularly during hot and humid weather.
10. A hot meal can reduce your body's ability to release heat thus True False contributing to the potential for heat stress disorders.

(Answers: 1.T 2.F 3.F 4.T 5.T 6.T 7.F 8.T 9.F 10.T)