



**School of Continuing Education & Professional Development  
Pretest – Heat Illness**

1. The body normally cools itself by sweating  
True  
False
  
2. OSHA mandates employers to:  
A) Perform a hazard assessment of the workplace to determine if PPE is needed.  
B) Maintain the temperature high enough.  
C) Comply with laws of 25 states.  
D) Ask employees to purchase protective clothing.
  
3. The "General Duty Clause" describes the employer's obligation to provide a place of employment free from recognized hazards likely to cause death or serious physical harm.  
True  
False
  
4. Why is it important to prevent heat illness?  
A) Heat illness can be a matter of life and death.  
B) Heat is easy to control.  
C) Workers suffering from heat stress are at a greater risk of having an accident.  
D) A & C
  
5. Heat is the leading weather-related killer, ending more lives than hurricanes, floods, tornadoes and lightning combined.  
True  
False
  
6. Some symptoms of heat stroke are:  
A) Dry, hot skin  
B) Very high body temperature  
C) Normal temperature  
D) A & B

7. Heavy sweating drains the body of salt.  
True  
False
8. To combat heat exhaustion you must:  
A) Move the victim to a cool place  
B) Apply cold packs or wet towels  
C) Don't call the doctor until an hour after the incident.  
D) Give victim cold water, if conscious.  
E) A, B & C  
F) A, B & D  
G) D
9. One way to keep working muscles working is by...  
A) Take time to allow your body to adjust to high-heat before work begins.  
B) Drink fluids with electrolytes frequently.  
C) Don't wait for sweat or thirst to notice high temperature.  
D) Go to sleep  
E) A, B & C  
F) A & D
10. Electrolytes are similar to antifreeze in an automobile.  
True  
False

Opcional (Su nombre – Imprima por favor)

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