### Exercise

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1. Identify the three most important steps to prevent a heat stroke

- [ ] **Water every 15 min**
- [ ] **Light clothing**
- [ ] **Dark clothing**
- [ ] **Rest**
- [ ] **Shade**

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Using the video as reference answer the following questions

1. Identify the three most important steps to prevent a heat stroke

   - Water every 15 min
   - Light clothing
   - Dark clothing
   - Rest
   - Shade

2. Identify the most important health hazard and a best preventive measure for tasks involving silica exposure

   - Respirators
   - Lung Cancer
   - Sweep
   - Exhaustion
   - Engineering control

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