

Identification code

Date

Test : Choose the best reply making a circle around the letter which they believe is the correct answer:

1. The three major risks to the health of the worker from exposure to heat and sun are:



a. Dehydration



b. Allergies



c. Heat stroke

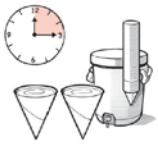


d. Weakness



e. Cramps

2. What are the three best measures that protect workers exposed to heat and Sun?



a. Water



b. Rain



c. Shade



d. Rest



e. Ventilation

3. Even if not thirsty, how often should a worker exposed to the sun and heat drink a cup of water?



a. Every 2 hours



b. Every 15 minutes



c. Every hour



d. Every 30 minutes

4. The type of clothing the worker exposed to the Sun should use is



a. Light clothing



b. Dark clothing



c. Sleeveless shirt



d. Plastic suit

Answers to tests

Number	Answer
1	A, C, D---Dehydration, Heat stroke,
2	Weakness A, C, D--- Water, Shade, Rest
3	B---Every 15 minutes
4	A ---Light Clothing