

July Quiz

Safety Alert/ Heat Injuries and Fatigue

1. What are five factors that affect a person's ability to deal with heat?

A

B

C

D

E

2. What is Heat Stroke?

3. What should you do too prevent heat cramps?

4. Rank the following from less to severe.

Heat stroke

Heat cramps

Heat collapse

Heat rash

Heat exhaustion

5. Name 3 signs of Fatigue.

6. To prevent Fatigue you should do what?

Answers to quiz
Question 1.

- 1. Age**
- 2. Weight**
- 3. Metabolism**
- 4. Medications**
- 5. Clothing**
- 6. Medical conditions**

Question 2.

Heat stroke is the body's inability to regulate temperature and the body's core temperature rises to critical levels.

Question 3.

Drink plenty of fluids such as water or Gatorade (or any drinks that add electrolytes) every 15 to 20 minutes.

Question 4.

Heat rash
Heat collapse
Heat cramps
Heat exhaustion
Heat stroke

Question 5.

Signs of fatigue are

Inability to concentrate

Slurring words, incomplete sentences and speech patterns

Bloodshot eyes and haggard facial expression

Inability to walk properly

Drooping eyelids

False energy or slap happiness

Question 6.

Take frequent breaks or catnaps when not on duty

Eat light snacks through the day

Change seating arrangements in vehicles

Adequate sleep during crew rest periods

Complete meals and drink plenty of water

Sit, lie down, rest and sleep whenever possible

Do not engage in unnecessary physical activities