



Safety Tips

A five-minute training Series for PCOs.

Avoiding Heat Stress Quiz

Name _____

Date _____

	True	False
1) Proper diet can help prevent heat stress.	<input type="checkbox"/>	<input type="checkbox"/>
2) Heat stroke can be prevented.	<input type="checkbox"/>	<input type="checkbox"/>
3) Heat stress becomes a potential at temperatures below 98°.	<input type="checkbox"/>	<input type="checkbox"/>
4) Should heat stress occur, loosen clothing to increase circulation.	<input type="checkbox"/>	<input type="checkbox"/>
5) Symptoms of heat stress include, but are not limited to fatigue, dizziness, sudden memory loss and redness.	<input type="checkbox"/>	<input type="checkbox"/>