Hot Weather and Sun Protection

1. Very high body temperatures can damage the brain or other vital organs. In severe cases, the problem can progress to multiple organ system failure and death?

   True ___ <> False ___

2. Each employee working in direct sunlight during high heat warnings should take a break when?

   ___a. Five minutes every hour  
   ___b. Every half hour  
   ___c. Two breaks every four hours  
   ___d. 10 minute break every two hours  
   ___e. Whenever you feel hot

3. Which of the following is generally the first sign of a heat related illness?

   ___a. Dizziness  
   ___b. Lack of sweat  
   ___c. Muscle cramping  
   ___d. Fatigue

4. If untreated, heat stroke may progress to heat exhaustion.

   True ___ <> False ___

5. BCA IIPP Chapter 19.0 requires that all employees are trained in Heat Illness and also requires the employer to provide PPE? Check the pictures

   True ___ <> False ___