



GREAT TURF BUT  
SAFETY FIRST!



Questions? [mickey@mccordgolf.com](mailto:mickey@mccordgolf.com) | 919-345-5831

## Heat Stress -- Review Quiz

Name \_\_\_\_\_ Date \_\_\_\_\_

Answer the following questions by circling T if the statement is true, and F if the statement is false.

- 1- Heat Stroke is the most severe heat illness and can result in death. T F
- 2- Heat exhaustion is a minor problem and never progresses to heat stroke. T F
- 3- High temperatures, humidity, direct sun and limited air movement are factors contributing to heat illness. T F
- 4- Drinking water before work will not help prevent heat illness. T F
- 5- Moving the victim to the shade, cooling with air and water, and having them drink cool water are first aid measures for heat exhaustion. T F
- 6- 20% of heat stroke victims die. T F
- 7- Alcohol and caffeinated drinks are a good way to stay hydrated. T F
- 8- On extremely hot, humid days schedule heavier work for the coolest part of the day. T F
- 9- Light, loose fitting clothing and a broad brimmed hat reduce your risk of heat illness. T F
- 10- Hot dry skin is normal when you're working on a hot day, don't worry about it. T F

Answer key:

1- T

2- F

3- T

4- F

5- T

6- T

7- F

8- T

9- T

10- F