| SAFETY MEETING QUIZ |
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| | Name: |  | Date: |  | | --- | --- | --- | --- | | Safety Topic: | *V1-51 Health Hazards – Cold Stress* | | | |

1. Anyone working in a cold environment may be at risk for cold stress.
   1. True
   2. False
2. Prolonged exposure to cold and/or freezing temperatures while on the job may cause serious health problems such as
   1. heat cramps, heat exhaustion and heat stroke.
   2. silicosis, lung cancer and kidney disease.
   3. trench foot, frostbite and hypothermia.
   4. pneumonia, the flu and bronchitis.
3. Risk factors for cold stress include
   1. dressing improperly for the weather or wearing wet clothing when it is cold.
   2. increased wind speed and the wind chill effect.
   3. health conditions such as high blood pressure, hypothyroidism, diabetes and asthma.
   4. all of the above.
4. Dressing properly is extremely important to preventing cold stress. Wear clothing.
   1. one layer of tight
   2. at least three layers of loose-fitting
   3. extra
   4. seven layers of warm
5. To prevent cold stress **avoid**
   1. warm, high-calorie foods.
   2. wearing insulated gloves or boots.
   3. taking breaks in warm, dry shelters.
   4. exhaustion or fatigue.

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| | ANSWER KEY | | | --- | --- | | Safety Topic: | *V1-51 Health Hazards – Cold Stress* | |

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