| SAFETY MEETING QUIZ |
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| | Name: |  | Date: |  | | --- | --- | --- | --- | | Safety Topic: | *V1-83 Health Hazards – Dehydration* | | | |

1. Dehydration can occur when
   1. you don’t drink water before breakfast.
   2. your co-workers agree that you drink too much coffee.
   3. more water and fluids leave the body than have been taken in.
   4. you only drink sports drinks.
2. Dehydration can cause health issues but will not become life-threatening.
   1. True
   2. False
3. The best way to stay hydrated is by drinking
   1. caffeinated beverages.
   2. cold drinks.
   3. fruit smoothies.
   4. water.
4. About of a person’s hydration comes from the food they eat.
   1. 1%
   2. 5%
   3. 20%
   4. 50%
5. NIOSH recommends that for moderate activity in moderate conditions, each worker should drink 1 cup of water
   1. every 5 minutes.
   2. every 15 – 20 minutes.
   3. every 3 hours.
   4. every work day.

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| | ANSWER KEY | | | --- | --- | | Safety Topic: | *V1-83 Health Hazards – Dehydration* | |

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