| SAFETY MEETING QUIZ |
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| | Name: |  | Date: |  | | --- | --- | --- | --- | | Safety Topic: | *V3-17 Home & Holiday – Hot Weather* | | | |

1. When it’s hot outside, and especially during heat waves, it’s important that everyone take measures to
   1. stay cool.
   2. remain hydrated.
   3. take care of those who need a little extra help.
   4. all of the above.
2. When temperatures rise and it gets hot outside
   1. consume more hot, heavy meals.
   2. stay indoors, in an air-conditioned area, as much as possible.
   3. plan outdoor activities in the middle of the day.
   4. it’s best to only drink juice and soft drinks.
3. Do not rely on a fan as the main cooling device during periods of extreme heat. Fans may provide temporary comfort, but when temperatures get high, they may not prevent heat-related illness.
   1. True
   2. False
4. During hot weather, try to plan outdoor activities
   1. only after it gets dark at night.
   2. around lunchtime.
   3. during morning or evening hours
   4. in the afternoon.
5. Avoid sunburn because it slows the skin’s ability to cool itself. Wear sunscreen of SPF or higher and continue to reapply it according to the package directions.
   1. 5
   2. 15
   3. 150
   4. 500

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| | ANSWER KEY | | | --- | --- | | Safety Topic: | *V3-17 Home & Holiday – Hot Weather* | |

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