Working safely in cold environments

1. To maintain fluid levels and preserve body heat:
   a. Drink warm, non-alcoholic, liquids
   b. Eat warm solid foods
   c. Drink hot caffeinated beverages
   d. a and b
   e. All the above

2. You may be at increased risk of cold-induced injuries and illnesses if you suffer from a health condition, are taking medication or are in poor physical condition.
   a. True
   b. False

3. Frostbite is the most common cold-induced injury. It usually affects the fingers, hands, toes, feet, ears and nose.
   a. True
   b. False

4. Some symptoms of mild dehydration include:
   a. Weakness
   b. Dizziness
   c. Fatigue
   d. Dry mouth
   e. All the above
   f. c and d

5. Symptoms of hypothermia include:
   a. Change in mental status
   b. Dark and puffy skin
   c. Cool abdomen
   d. Low core body temperature
   e. a and d
   f. all the above

Answers: 1-d, 2-a, 3-a, 4-e, 5-f