Summer Safety QUIZ

1. Before you head outside, you should always wear sunscreen with an SPF of at least:
   a. 5
   b. 8
   c. 10
   d. 15

2. ___________ accounts for about 3.3 million emergency room visits a year in the United States.
   a. Chest pain
   b. Overexertion
   c. Abdominal discomfort

3. True or False: If heat stress goes untreated, it can quickly lead to heat stroke – a life-threatening condition.
   a. True
   b. False

4. Which of the following are symptoms of heat exhaustion:
   a. Headache
   b. Dizziness
   c. Weakness
   d. Light-headedness
   e. All of the above

5. True or False: Before participating in outdoor activities in the summer, you should eat a large and hearty meal.
   a. True
   b. False

Answer Key:  1 - D  /  2 - B  /  3 - A  /  4 - E  /  5 - B