

Working Safely in Cold Environments

Quiz

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

