Training
Assessment
Heat Stress Prevention

Test
Participants must successfully answer 3 of 5 items below:

True or False

1. Drinking caffeine can prevent heat stress. **False**
2. It is recommended to eat big meals before and during work to prevent heat stress. **False**
3. Heat Stress can cause you to make bad judgments. **True**

Multiple Choice

4. What type of clothing can help prevent heat stress?
   a. Lightweight
   b. Light color
   c. Loose
   d. **All of the above**

5. Which of the following is not a symptom of heat stress?
   a. Dizzy
   b. Paleness
   c. **Hyper**
   d. Nauseous