



NATIONAL
ASSOCIATION OF
**LANDSCAPE
PROFESSIONALS**

NALP - Heat-Related Illness Quiz

**(recommended to accompany the NALP Heat Awareness Webinar
presented by Sam Steel, PhD, NALP Safety Advisor)**

Multiple Choice Questions – Select and Circle the Correct Answer

1. Which of the following can contribute to heat-related illness?
a. high humidity b. strenuous work c. high air temps d. all off these
2. Which following body temperature is considered to be normal?
a. 95.0 F. b. 98.6 F. c. 100.1 F. d. 92.5 F.
3. The most severe type of heat-related illness affecting landscape workers is:
a. heat cramps b. heat exhaustion c. heat stroke d. none of these
4. Acclimatizing (preparing) your employees for hot weather conditions may take:
a. 2-3 days b. an 8-hour day c. 1 week d. 2 weeks
5. The medical term for the body's negative reaction to hot working conditions is:
a. hyperthermia b. hyper humidity c. hypothermia d. hyperregulation

True and False Questions- Select and Place an X by the Correct Answer

1. Landscape firms in regions with potentially excessive day time temps should have hot weather work policies and provide heat illness training.

True _____ False _____

2. Landscape workers returning to the job after an extended period of time off, may need to be acclimatized once again before exposure to hot weather working conditions.

True _____ False _____

3. Workers exhibiting heat stroke symptoms should be given 5-10 minutes to recover before going back to work.

True _____ False _____

4. The human body normally cools itself by sweating (perspiration) and evaporation.

True _____ False _____

5. Employees who report to work tired and fatigued at the beginning of the day may be more prone to the onset of heat exhaustion.

True _____ False _____