



NALP – Heat-Related Illness Quiz Answer Sheet

Multiple Choice

1. d. or all of the above
2. b. The normal body internal temperature is 98.6 degrees Fahrenheit
3. c. The most severe type of heat-related illness is a heat stroke and it requires immediate emergency medical attention!
4. d. Acclimatizing workers for hot weather work takes approximately 2 weeks.
5. a. Hyperthermia is the correct term for the human body's reaction to hot temperatures.

True and False

1. TRUE – Make sure policies are shared during the hiring process and that heat stress training is provided before hot work conditions impact your workforce.
2. TRUE – It does not take very long for the human body to lose its ability to resist the health effects of high temps and humidity.
3. FALSE – Workers who are exhibiting possible heat stroke symptoms should be transported to emergency care immediately!
4. TRUE – Perspiration and evaporation are two methods by which the human body thermoregulates and defends itself against the onset of heat-related illnesses.
5. TRUE – Employees beginning the work day already tired, and with possible side effects from medications, may make them more susceptible to heat exhaustion.