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.