

OSHA 30 TEST QUESTIONS

Preventing Heat Stress

QUIZ

1. Which of the following are engineering measures that may help reduce the potential for heat stress by controlling the temperature of the work environment? (check all that apply):
 - ☐ Shielding
 - ☐ Opening windows
 - ☐ Using fans
 - ☐ Drinking fluids
2. How many quarts of fluids can an average person lose in an hour through sweating?
 - ☐ 1.6 quarts
 - ☐ 3 quarts
 - ☐ 5 quarts
 - ☐ 6.3 quarts
3. Sweating is an important cooling mechanism, therefore the _____ of the material used for protective clothing should be considered when selecting and using PPE in a heated environment.
 - ☐ Engineering measure
 - ☐ Evaporation factor
 - ☐ Moisture vapor transport rating
 - ☐ Heat index
4. How many ounces of fluids are recommended for every 20 minutes of work being performed in a hot environment?
 - ☐ 4 ounces
 - ☐ 8 ounces
 - ☐ 12 ounces
 - ☐ 20 ounces
 - ☐ 32 ounces
5. What are the measures you can take to control heat stress hazards? (check all that apply):
 - ☐ Wear a hat when working in sunlight.
 - ☐ Avoid drinking fluids when you feel thirsty.
 - ☐ Wear breathable, light colored clothing.

- ☐ Take regular breaks.
- ☐ Use mechanical assistance when possible.

6. When acclimating new workers to a hot environment, it is recommended that workers begin their workload at 20% and then increase it by _____% each day until completely acclimatized.

- ☐ 10
- ☐ 15
- ☐ 20
- ☐ 50

7. When acclimating to a hot environment, how long does it take most people to completely adapt?

- ☐ 1 to 2 days
- ☐ 2 to 4 days
- ☐ 4 to 7 days
- ☐ Two weeks

8. Your workplace has an average heat index of 80 degrees Fahrenheit. Which of the following are preventive measures you should take that could help you avoid heat related illnesses? (check all that apply):

- ☐ Use mechanical assistance to reduce exertion.
- ☐ Schedule physical tasks during cooler times.
- ☐ Lose excess body weight and eat a healthy diet.
- ☐ Work harder in order to finish the job faster.

NAME (Printed): _____

NAME (Signature): _____

DATE: _____

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ANSWER KEY

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