

SAFETY MEETING QUIZ

Name:

Date:

Safety Topic: V3-17 Home & Holiday – Hot Weather

1. When it's hot outside, and especially during heat waves, it's important that everyone take measures to
 - a. stay cool.
 - b. remain hydrated.
 - c. take care of those who need a little extra help.
 - d. all of the above.
2. When temperatures rise and it gets hot outside
 - a. consume more hot, heavy meals.
 - b. stay indoors, in an air-conditioned area, as much as possible.
 - c. plan outdoor activities in the middle of the day.
 - d. it's best to only drink juice and soft drinks.
3. Do not rely on a fan as the main cooling device during periods of extreme heat. Fans may provide temporary comfort, but when temperatures get high, they may not prevent heat-related illness.
 - a. True
 - b. False
4. During hot weather, try to plan outdoor activities
 - a. only after it gets dark at night.
 - b. around lunchtime.
 - c. during morning or evening hours
 - d. in the afternoon.
5. Avoid sunburn because it slows the skin's ability to cool itself. Wear sunscreen of SPF ____ or higher and continue to reapply it according to the package directions.
 - a. 5
 - b. 15
 - c. 150
 - d. 500



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ANSWER KEY

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