

# SAFETY MEETING QUIZ

Name:

Date:

**Safety Topic:** V1-83 Health Hazards – Dehydration

1. Dehydration can occur when
  - a. you don't drink water before breakfast.
  - b. your co-workers agree that you drink too much coffee.
  - c. more water and fluids leave the body than have been taken in.
  - d. you only drink sports drinks.
  
2. Dehydration can cause health issues but will not become life-threatening.
  - a. True
  - b. False
  
3. The best way to stay hydrated is by drinking
  - a. caffeinated beverages.
  - b. cold drinks.
  - c. fruit smoothies.
  - d. water.
  
4. About \_\_\_\_\_ of a person's hydration comes from the food they eat.
  - a. 1%
  - b. 5%
  - c. 20%
  - d. 50%
  
5. NIOSH recommends that for moderate activity in moderate conditions, each worker should drink 1 cup of water
  - a. every 5 minutes.
  - b. every 15 – 20 minutes.
  - c. every 3 hours.
  - d. every work day.



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## ANSWER KEY

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