

SAFETY MEETING QUIZ

Name:

Date:

Safety Topic: V5-08 First Aid – Cold Stress

1. Cold stress risk factors include
 - a. dressing improperly.
 - b. wet clothing/skin.
 - c. exhaustion and dehydration.
 - d. all of the above.
2. Frostbite is most likely to occur on _____ areas of the skin.
 - a. warm
 - b. exposed
 - c. dry
 - d. covered
3. If extremities (hands and feet) show signs of frostbite, you can soak them in _____ for 20 to 30 minutes.
 - a. ice water
 - b. cool water
 - c. warm water
 - d. very hot water
4. Hypothermia occurs when the body's temperature falls below 95° F.
 - a. True
 - b. False
5. Signs of hypothermia include
 - a. confusion and slurred speech.
 - b. alertness and hyperactivity.
 - c. sneezing and coughing.
 - d. nausea and vomiting.



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ANSWER KEY

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