NCDOT Heat Stress Quiz

1. Which of the following are environmental risk factors associated with heat stress?

   a) Temperature and humidity
   b) Radiant heat
   c) Air movement
   d) All of the above

2. What is the primary reason muscles tire more quickly in hot conditions?

   a) They burn more calories
   b) More blood is directed to the skin for cooling, reducing supply to muscles
   c) Sweating reduces muscle strength
   d) Muscles aren't designed to work in hot conditions

3. True or False: New workers or those returning after a break are at increased risk of heat stress.

   a) True
   b) False

4. Which of the following are good indicators of heat stress that can help prevent heat-related illnesses?

   a) Skin pinch test
   b) Body temperature
   c) Heart rate recovery
   d) Both b and c

5. What is the risk associated when air temperatures are above 95°F?

   a) Sweat evaporates faster, so there is no risk
   b) Sweat cannot evaporate effectively, hindering body cooling
   c) Air temperatures above skin temperature can add heat to the body
   d) Both b and c

6. An NCDOT worker wearing multiple layers of clothing is lifting heavy equipment in the sun. The air temperature is 75°F with 80% humidity. Is this worker at risk of heat stress?

   a) Yes
   b) No

7. What are the basic on-the-job activities an NCDOT worker can do to prevent heat stress?

a) Drink a cup (8 ounces) of cool water every 15–20 minutes
b) Take rest breaks in a shaded area
c) Avoid caffeine during the day
d) All of the above

Answer Key

Question	Answer
1	d
2	b
3	a
4	d
5	d
6	a
7	d