



I CAN WE CAN
SAFETY C.A.N.

HEAT STRESS AWARENESS QUIZ

Field Team Training • I&I Soft Craft Solutions • Policy 2.19 (2026)

Employee Name		Date	
Supervisor		Score	/ 10

Instructions: Circle or check the best answer for each question. A score of 8/10 or higher is required for completion. Retake required for any score below 8. Submit completed quiz to your supervisor or EHS Department.

SECTION 1 — HEAT INDEX & ADVISORY LEVELS

Q1. At what heat index (HI) does OSHA designate a day a "Heat Priority Day" requiring heightened protocols?

- A. 70°F B. 80°F
 C. 90°F D. 95°F

Answer: B Any day with a forecasted HI $\geq 80^{\circ}\text{F}$ is a Heat Priority Day per OSHA NEP CPL 03-00-024 and Policy 2.19 § 15.

Q2. Which of the following best describes what the "heat index" measures?

- A. Air temperature only B. Humidity only
 C. How hot it actually feels when humidity is factored in D. Wind chill combined with temperature

Answer: C The heat index (apparent temperature) combines air temperature and relative humidity to reflect how hot conditions feel to the human body.

Q3. At Level IV ($\geq 105^{\circ}\text{F}$ heat index), what is the minimum rest break frequency required?

- A. Every 60 minutes B. Every 50 minutes
 C. Every 30 minutes D. Every 20 minutes

Answer: D Level IV requires rest breaks at a minimum every 20 minutes, at least TWO cooling controls, and a Superintendent signature.

Q4. If you are working in direct sunlight, you should mentally add how many degrees to the heat index reading?

- A. 5°F B. 10°F
 C. Up to 15°F D. 20°F

Answer: C NOAA and OSHA both note that direct sunshine can increase the felt heat index by up to 15°F above the shaded value.

SECTION 2 — SYMPTOMS & EMERGENCY RESPONSE

Q5. Which of the following is a sign of HEAT STROKE — a life-threatening emergency?

- A. Heavy sweating and dizziness
- B. Muscle cramps in the legs
- C. Confusion, slurred speech, or loss of consciousness
- D. Headache and mild fatigue

Answer: C Confusion, slurred speech, and loss of consciousness indicate heat stroke. Call 911 immediately and begin aggressive cooling.

Q6. A coworker with heat exhaustion is conscious and not nauseated. What should you do FIRST?

- A. Give them a cold energy drink
- B. Move them to a cool shaded area and offer cool water
- C. Call 911 immediately
- D. Have them walk it off in the shade

Answer: B First move the worker to a cool area, loosen clothing, apply cool cloths, and offer cool water if fully conscious. Call 911 if no improvement in 15 minutes.

Q7. A worker with suspected heat stroke is unconscious. You should:

- A. Pour water over them and wait for them to wake up
- B. Call 911, begin aggressive cooling, and DO NOT give fluids
- C. Give them a sports drink to restore electrolytes
- D. Lay them down and monitor for 30 minutes

Answer: B Heat stroke = 911 immediately. Never give fluids to an unconscious worker — they may aspirate. Begin cooling with ice packs to neck, armpits, and groin.

SECTION 3 — HYDRATION & ACCLIMATIZATION

Q8. According to I&I Policy 2.19, how much water should workers drink in high heat conditions?

- A. A full glass when they feel thirsty
- B. 8 oz every 20 minutes
- C. 16 oz every hour
- D. As much as they want during lunch break

Answer: B Policy 2.19 requires 8 oz of water every 20 minutes, with a ratio of 3 cups water to 1 cup electrolyte drink in high heat.

Q9. Which workers MUST follow the formal 14-day acclimatization schedule?

- A. Only brand new hires
- B. New hires and workers returning after 7+ days absent
- C. New hires, returning workers (7+ days), AND all temporary / agency workers
- D. Only workers who have had a previous heat illness

Answer: C Per Policy 2.19 § 16.0, all new hires, workers returning after 7+ consecutive days absent, and ALL temporary workers must follow the full 14-day schedule.

Q10. On Day 3 of the acclimatization schedule, what workload level should a worker perform?

- A. 20% of normal workload
- B. 40% of normal workload
- C. 60% of normal workload
- D. 100% — they've had two days to adjust

Answer: B Days 3–4 = 40% workload per the I&I acclimatization schedule. The schedule progresses 20% → 40% → 60% → 80% → 100% over 14 days.

✓ Passing Score: 8 out of 10

All employees must score 8/10 or higher. Any score below 8 requires retake with supervisor review.

X Score Below 8: Retake Required

Supervisor must review missed questions with the employee before signing off.

COMPLETION SIGN-OFF

Employee Signature		Date	
Supervisor Signature		Score	

Submit to EHS Department upon completion. Retain a copy with employee training records for a minimum of 3 years. • Policy 2.19 • OSHA NEP CPL 03-00-024 (2026)