

## **Seminar: Epidemiology of Heat stroke & Heat exhaustion**

**1. Which one of the followings is considered at high risk for heat stress:**

- A. 78-year-old man who is obese and diagnosed with high blood pressure.
- B. 16-year-old female.
- C. 32-year-old pregnant lady.
- D. 22-year-old drug abuser.

Answer: A

**2. Which one of the following can increase the risk of developing heat stress:**

- A. Having a BMI of 19.
- B. Having normal blood pressure.
- C. Using illegal drugs such as cocaine.
- D. Drinking a lot of water.

Answer: C

**3. Which of the following is a symptom of heat exhaustion:**

- A. Throbbing headache.
- B. Heavy sweating.
- C. High body temperature.
- D. Rash.

Answer: B

**4. The first step in to aid a heat stroke is:**

- A. Call 997.
- B. Drink water.
- C. Move to cold area.
- D. Cover with a blanket.

Answer: A

**5. When suffering from heat cramps, a patient should seek medical care when:**

- A. The pain stops.
- B. Short of breath and suffers from headache.
- C. Feels sleepy.

Answer: B

**6. When suffering from heat cramps, a patient should seek medical care when:**

- A. The pain stops.
- B. Short of breath and suffers from headache.
- C. Feels sleepy.

Answer: B

**7. What is a synonym for acclimatization:**

- A. Decrease.
- B. Extract.
- C. Indiscernible.
- D. Adaption.

Answer: D

**8. Employers should provide heat stress training that includes information about:**

- A. The company's history.
- B. The owner's family.
- C. Work risks.
- D. Company's budget.

Answer: C

**9. Which of the following is considered a preventive step of heat stress:**

- A. Schedule your heavy work during the hottest part of the day
- B. Drinking caffeine helps you in prevention
- C. Your protective clothes can reduce the risk of heat stress
- D. Gradually build up the heavy work

Answer: D

**10. Prevention of heat stress is important because:**

- A. Workers are at high risk of heat stress due to extreme hot & increased physical activity
- B. Workers are at high risk of heat stress because they have heart problems
- C. Workers are at high risk of heat stress because they are over weighted

Answer: A