

Course topic:

PRE-TEST

Name		Date	
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Please answer the following true  or false  questions:

1.	Heat-related illnesses will happen only at high temperatures and/or high levels of humidity.		
2.	You should immediately remove your personal protective equipment if you feel any signs of heat-related illnesses.		
3.	To maintain the hydration, the worker exposed to heat should drink a cup of water every 1 hours.		
4.	Heat-related illnesses can be only diagnosed by a specialist. Therefore, you should not take any actions unless you are told by designated medical personnel.		
5.	Under the law, you are not allowed to seek medical help unless your employer authorizes.		
6.	When it's hot outside, you should drink water even if you are not thirsty.		
7.	Fatigue has a direct relationship with the level of skills. Therefore, less experienced workers are more vulnerable.		
8.	If you are absent from work for a period of time, you must be fully acclimated before start working a full shift.		
9.	Under any circumstances, you should not remove the PPE of a victim.		
10.	You may not report your co-worker's symptoms to your supervisor if your co-worker says he/she feels okay.		

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Course topic:

POST-TEST

Name		Date	
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Please answer the following true  or false  questions:

1.	Heat-related illnesses will happen only at high temperatures and/or high levels of humidity.		
2.	You should immediately remove your personal protective equipment if you feel any signs of heat-related illnesses.		
3.	To maintain the hydration, the worker exposed to heat should drink a cup of water every 1 hours.		
4.	Heat-related illnesses can be only diagnosed by a specialist. Therefore, you should not take any actions unless you are told by designated medical personnel.		
5.	Under the law, you are not allowed to seek medical help unless your employer authorizes.		
6.	When it's hot outside, you should drink water even if you are not thirsty.		
7.	Fatigue has a direct relationship with the level of skills. Therefore, less experienced workers are more vulnerable.		
8.	If you are absent from work for a period of time, you must be fully acclimated before start working a full shift.		
9.	Under any circumstances, you should not remove the PPE of a victim.		
10.	You may not report your co-worker's symptoms to your supervisor if your co-worker says he/she feels okay.		

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