

Working In The Cold Quiz

- 1. The body parts most at risk for frostbite are:**
 - a. The nose, ears, cheeks, fingers, and toes
 - b. The legs
 - c. The stomach

- 2. Hypothermia occurs when your body temperature gets dangerously low.**
 - a. True b. False

- 3. The risks of hypothermia increase when it's windy and you're:**
 - a. Exhausted or wearing wet clothes
 - b. Dressed too heavily
 - c. Drinking warm beverages

- 4. Clothing will best protect against frostbite and hypothermia if it's**
 - a. Tight
 - b. Loose and layered
 - c. Light-colored

- 5. When you're going to work in cold conditions, it's especially important to cover your head.**
 - a. True b. False

- 6. If you get wet or feel uncomfortably chilled when working in cold, you should:**
 - a. Ignore it
 - b. Take a break in a warm place
 - c. Drink hot coffee laced with brandy

- 7. Symptoms of frostbite include:**
 - a. Red eyes
 - b. Skin that's pink, then blue
 - c. Skin that's glossy white or grayish yellow

- 8. Hypothermia symptoms include:**
 - a. Cold, shivering, numbness, confusion
 - b. Extreme alertness and energy
 - c. Skin blisters and tingling sensation

- 9. If a body part is frostbitten, you should not warm it by:**
 - a. Rubbing it
 - b. Using hot water, a heat lamp, or hot water bottle
 - c. Both a and b

- 10. If you have hypothermia symptoms, you should get medical help.**
 - a. True b. False