



WRITTEN QUIZ
Procedures Handbook 4300

NAME: _____

DATE: _____

	POINTS
1. In order to prevent dehydration a person should hydrate at a minimum rate of _____ per _____ during physical exertion in heated environments.	10
2. _____ is the fluid of choice when hydrating	10
3. Fluids containing _____ or _____ should be avoided because of diuretic effects.	10
4. In very hot conditions a guideline for water intake is _____ every _____.	10
5. Once work is completed hydration should: Cease Continue Change Increase	10
6. Rest breaks should be encouraged and hydration made part of the break.	
a. True b. False	10
7. List two signs of dehydration that are leading to heat exhaustion _____	10
8. Department policy states managers are to provide sufficient potable water _____, _____, and _____ work in a heated environment.	10
9. Department policy also states that it is the _____ responsibility to remain hydrated.	10
10. The key to managing hydration is drinking _____.	10
POINTS POSSIBLE:	100
POINTS DEDUCTED:	_____
FINAL SCORE:	_____



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KEY

POINTS

- | | | |
|----|---|-----------|
| 1. | In order to prevent dehydration a person should hydrate at a minimum rate of ONE LITER per HOUR during physical exertion in heated environments.
Ref: TLP. pg. 2, sect. I, G | <u>10</u> |
| 2. | WATER is the fluid of choice when hydrating
Ref: TLP. pg. 2, sect. II, A | <u>10</u> |
| 3. | Fluids containing CAFFEINE or ALCOHOL should be avoided because of diuretic effects.
Ref: TLP. pg. 3, sect. III, A-1 | <u>10</u> |
| 4. | In very hot conditions a guideline for water intake is ONE CUP every FIFTEEN MINUTES .
Ref: TLP. pg. 3, sect. II, C-1 | <u>10</u> |
| 5. | Once work is completed hydration should:
Cease
CONTINUE
Change
Increase
Ref: TLP. pg. 3, sect. II, E | <u>10</u> |
| 6. | Rest breaks should be encouraged and hydration made part of the break.

A. TRUE b. False
Ref: TLP. pg. 3, sect. II, D | <u>10</u> |
| 7. | List two signs of dehydration that are leading to heat exhaustion

RAPID PULSE
LOW BLOOD PRESSURE
PALE, MOIST, COOL SKIN
WEAKNESS
DIZZINESS
Ref: TLP. pg. 3 & 4, sect. III, C-1 thru 4 | <u>10</u> |



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8. Department policy states managers are to provide sufficient potable water **PRIOR TO, DURING, and AFTER** work in a heated environment.
Ref: TLP. pg. 4, sect. IV, B _____
10
9. Department policy also states that it is the **EMPLOYEES** responsibility to remain hydrated.
Ref: TLP. pg. 4, sect. IV, C _____
10
10. The key to managing hydration is drinking **WATER**.
Ref: TLP. pg. 4, sect. IV, A _____
10
- POINTS POSSIBLE:** _____ 100
POINTS DEDUCTED: _____
FINAL SCORE: _____