

# Cold Stress Hazards Quiz

## Workplace Safety > Cold Stress Hazards Quiz > Question 1

1. Which of the following is NOT a type of cold stress?

- (A) Frostbite
- (B) Trench Foot
- (C) Hypothermia
- (D) Chilblains
- (E) Fever

2. What are some clear signs of frostbite?

- (A) Numbness
- (B) Visibly red skin
- (C) White, yellow or gray skin
- (D) Stinging & pain
- (E) Options c and d

3. Immediate first aid for cold stress injuries like frostbite and hypothermia includes the following-

- (A) Move person to a warm, dry area
- (B) Rub the affected area to keep it warm
- (C) Give warm, sweetened, non-alcoholic beverages to the person if awake
- (D) Options a and b
- (E) Options a and c

4. In order to protect against cold stress, \_\_\_\_\_ layers of clothing is recommended.

- (A) Four
- (B) Three
- (C) Two
- (D) As many as required to keep warm

5. For people working in highly cold environments, the \_\_\_\_\_ system works wonders to ensure safety.

- (A) Monitoring
- (B) Music
- (C) Buddy
- (D) Surveillance

6. When working on ice, wearing leather or plastic soled shoes/boots will give a greater grip and minimize risk of slipping.

- (A) True
- (B) False

7. Despite all efforts to save yourself, if you know you're about to fall/slip on ice, what should you do to minimize injuries?

- (A) Instead of falling forward, try twisting and rolling backwards
- (B) Forget about any objects you might be carrying and save yourself first by tossing the load
- (C) Tighten your body and fall forward
- (D) Options a and b
- (E) Options b and c

8. Which one of the following is NOT a suitable precaution to take when removing snow from roofs?

- (A) Employing snow removal methods that do not require the workers to actually climb onto the roof
- (B) Calculating the load-bearing capacity of the roof and the probable load weight (weight of snow + equipment + workers) prior to removal
- (C) Maintaining a six-foot distance from the snow to be cleared
- (D) Using fall protection equipment
- (E) Using ladders and aerial lifts with complete safety

**9. If stranded with your vehicle in snow, you should definitely-**

- (A) Stock up on supplies like blankets, water, and food before venturing out for a drive in snowy conditions
- (B) Use the heater or run the engine for only a few minutes every hour to keep warm
- (C) Move your hands, legs, body
- (D) All of the above

**10. The majority of body heat is lost via \_\_\_\_\_. It is most essential to cover this area to prevent cold stress.**

- (A) Hands
- (B) Feet
- (C) Head
- (D) Mouth