



## WELLNESS ACTIVITY

### How much do you know about heat-related illnesses?

Name: \_\_\_\_\_

When the temperature rises, additional precautions need to be taken when you're working or exercising outdoors. Not understanding the dangers of physical exertion during hot weather puts you at risk for heat-related illness, including heat cramps, heat exhaustion, and heat stroke.

To learn more about heat-related illnesses, answer these **True or False** questions:

1. \_\_\_\_ Heat-related illnesses can be deadly.
2. \_\_\_\_ Wearing personal protective equipment (PPE) can increase your risk of heat-related illness.
3. \_\_\_\_ A health problem such as heart disease or diabetes, or even a cold or flu, can put a person at greater risk for heat illness.
4. \_\_\_\_ Taking a break in the air conditioning will ruin your ability to acclimate to working in the heat.
5. \_\_\_\_ If you're used to working in the heat, you can work during a heat wave.
6. \_\_\_\_ Salt tablets are a great way to restore electrolytes lost during sweating.
7. \_\_\_\_ Medications don't affect a person's ability to work safely in the heat.
8. \_\_\_\_ Not drinking enough fluids increases a person's risk for heat illness.
9. \_\_\_\_ During a heat wave it's best to stick with your normal routine during the hottest part of the day no matter how hard the task.
10. \_\_\_\_ Risk factors for heat illness include direct sun exposure, limited air movement, and physical exertion.

#### Answers:

1. **True**
2. **True**
3. **True**
4. **False.** Taking a break in air conditioning it is a very effective way to cool down.
5. **False.** Temperatures rise quickly during a heat wave, and you can't immediately acclimatize to the new, hotter temperatures.
6. **False.** Unless your doctor tells you to use them, salt tablets should never be used. Most people get enough electrolytes through normal meals and snacks.
7. **False.** Medication may affect how you handle high temperatures and heavy physical exertion.
8. **True**
9. **False.** During a heat wave some harder and hotter tasks may need to be rescheduled.
10. **True** ♦

