

Hydration and Environment Answer Sheet

Q1 What you should wear when working in the sun; (choose 4 answers)

Need all 4 answers

- 30+ Sunscreen
- Shorts
- a wide brimmed hat
- a T-shirt
- a shirt with a collar
- long pants
- Sandals/thongs
- all of the above

Q2 Cold exposure can also cause dehydration.

- True
- False

Q3 Name 2 signs of Dehydration

Weakness, headache, irritability, fainting

Q4 Which of these is not a symptom of heat stress?

- General discomfort
- Feet swelling
- Fatigue
- Muscle cramps
- Decreased coordination