H.O.T. Quiz
(High Outside Temperature)

Because they're such a part of summer in Iowa, heat and humidity may seem like things to simply accept—or ignore. But neither of those approaches is advisable, since heat illness can be fatal. Here are 10 questions to test your knowledge of this summertime risk (answers in comment bubbles).

Approximately how many people in the US die each year from heat stroke?

Do you know the symptoms of and proper response to the three stages of heat illness?
Heat cramps
Heat exhaustion, a more serious condition
Heat stroke, the most dangerous form of heat illness

Cleanup crews, some of them wearing bulky protective clothing, are coping with a heat index of 110 degrees or more while working on the Gulf oil spill in Louisiana (the heat index is how hot it feels when humidity is figured in). For safety, what work schedule do they follow?

Even if you don't feel thirsty, you need to keep hydrated.
With what? ice water? soda? beer after work? sports drink?

When working or exercising in the heat, how many glasses of cool fluids should you drink each hour?

www.safetyxchange.org/health-safety/safety-talk-heat-illness
www.nlm.nih.gov/medlineplus/heatillness.html
www.bt.cdc.gov/disasters/extremeheat/heatips.asp