

PROGRAM:	ERASMUS+
ACTION / SUBPROGRAM:	Key Action 2 / Strategic Partnerships
PROJECT TITLE:	“OSH+ for the European Agriculture sector - Stimulating growth in rural areas through capacity building for providers (and beneficiaries) of occupational medicine and OSH services”
DOCUMENT:	C2-Training Course for Occupational Medicine physicians – Individual Exercise

C2-Training Course for Occupational Medicine physicians

Module 9: Extreme temperatures in Agriculture - health challenges

Individual Test

Instructions

The questions below are multiple-choice questions that ask you to select one or more answer choices from a list of choices. A question may or may not specify the number of choices to select.

Please tick the box corresponding to the right answers.

Questions

- 1. The most important factors of the outdoor environment are:**
 - a. air temperature
 - b. radiant heat
 - c. individual characteristics
 - d. relative humidity
 - e. air movement
- 2. Predisposing individual factors to health problems when working in extremes of temperatures are:**
 - a. age 45+
 - b. weight
 - c. clothing
 - d. pathological outcomes
 - e. acclimatization
- 3. Climate change affect work-ability and production, as follows:**
 - a. impair work-ability
 - b. medical absenteeism
 - c. illness
 - d. work-related accidents
 - e. production is not influenced
- 4. The main peripheral tissues involved in thermoregulation are:**
 - a. skin
 - b. hypothalamus
 - c. muscles

- d. brown adipose tissue
 - e. lungs
- 5. Acclimatization means:**
- a. the inability to sweat in hot environments
 - b. the process of adaptation in cold environments
 - c. the condition to work outdoor
 - d. the process of adaptation in hot environments
 - e. the process of adaptation to a new job
- 6. The acute heat-related illness with increased body core temperature is:**
- a. heat syncope
 - b. heat exhaustion
 - c. heat cramps
 - d. heat rush
 - e. heat stroke
- 7. Local injuries in cold-related illness are the consequence of:**
- a. vasodilatation
 - b. shivering
 - c. vasoconstriction
 - d. thrombosis
 - e. necrosis
- 8. Optimal working in extreme of temperatures is possible in the following situations:**
- a. job rotation
 - b. increased intensity and duration of physical activity
 - c. acclimatization program
 - d. working alone in hot or cold environments
 - e. physical conditioning
- 9. Indicate which protective measure fits to the outdoor-workers:**
- a. limiting exposure
 - b. work-rest schedule
 - c. appropriate clothing
 - d. buddy system
 - e. medical surveillance
- 10. Heat index is given by:**
- a. temperature
 - b. humidity
 - c. sunlight
 - d. clothing
 - e. temperature & humidity

Correct answers

Question	1	2	3	4	5	6	7	8	9	10
Correct answer	a, b, d, e	a, b, d	a, b, c, d	a, c, d	d	e	c, d, e	a, c, e	a, b, c, d, e	e