

How to Keep Service Users Cool in Hot Weather Quiz

QUIZ - (tick one answer only)

Name _____ Job Role _____

1. Keeping service users cool is important in hot weather		TICK
A	When they are outside	<input type="checkbox"/>
B	To prevent sickness and diarrhoea	<input type="checkbox"/>
C	To prevent heat exhaustion and heatstroke	<input type="checkbox"/>
D	To stop UV rays	<input type="checkbox"/>
2. It is helpful to advise service users to		TICK
A	Stay inside	<input type="checkbox"/>
B	Stay inside during the hottest part of the day 11.00-15.00	<input type="checkbox"/>
C	Stop going out during a heatwave	<input type="checkbox"/>
D	Stay inside during the hottest part of the day 13.00-17.00	<input type="checkbox"/>
3. It is important to monitor how much a service user drinks during hot weather by		TICK
A	Making sure they have access to drinks when you are present so you can record it	<input type="checkbox"/>
B	Keeping a full jug of water near to them	<input type="checkbox"/>
C	Not offering tea or coffee	<input type="checkbox"/>
D	Where possible, keeping a suitably filled jug of water to hand that they can self-pour	<input type="checkbox"/>
4. To stay cool, encourage service users to wear		TICK
A	Loose, light weight and light-coloured clothing	<input type="checkbox"/>
B	Loose, light weight clothing	<input type="checkbox"/>
C	T shirt and shorts	<input type="checkbox"/>
D	A hat	<input type="checkbox"/>
5. Encourage hydration by		TICK
A	Offering foods high in water content, e.g. cucumber, lollies and melon	<input type="checkbox"/>
B	Offering foods high in water content, e.g. cucumber, wine, biscuits	<input type="checkbox"/>
C	Offering drinks with meals	<input type="checkbox"/>
D	Reminding service users to drink when you see them	<input type="checkbox"/>