



Winter Safety Quiz

Please feel free to reproduce this quiz in whole or part.

- 1. If a person is suffering from hypothermia, you should warm the body core first. Warming the extremities first can cause cold blood to rush to the heart and could lead to heart failure.**
 - a) True
 - b) False
- 2. If you are stranded in your car during a winter storm, you should do the following:**
 - (a) Run your motor continuously to stay warm as long as possible
 - (b) Run the motor for about 10 minutes every hour for heat
 - (c) Leave the motor off so you won't run out of gas
- 3. Which National Weather Service statement has the most dangerous winter storm potential?**
 - a) Winter Storm Warning
 - b) Blizzard Warning
 - c) Freezing rain and freezing drizzle
- 4. Which of the following statement relating to deaths due to ice and snow are true?**
 - a) About 70% occur in automobiles
 - b) About 25% are people caught out in the storm
 - c) Majority are males over 40 years old
 - d) All of the above
- 5. What is the best type of clothing to wear when you are outside in cold weather?**
 - a) Warm, heavy one-piece coverall such as a snowmobile suit with nothing underneath except light clothing like shorts and short-sleeved T-shirt
 - b) Light-weight clothing so you can move around easily
 - c) Layers of light-weight, loose-fitting clothing that can be removed to avoid overheating and perspiring
- 6. If you must travel during a severe winter storm, you should do the following:**
 - a) Carry a cell phone. You can always call for help
 - b) Let someone know your timetable, routes and alternate routes
 - c) Travel late at night to avoid traffic backups

Answers: 1-a; 2-b; 3-b; 4-d; 5-c; 6-b