



CIVIL AIR PATROL

Arundel Composite Squadron

<http://arundel.mdwg.cap.gov>



SUMMER SAFETY QUIZ

NOTE: Several questions have more than 1 correct answer. Select all correct answers.

1. Which of the following actions can you take to battle summer heat?
 - a) Get acclimated to the heat
 - b) In order to do battle, you need to arm yourself with a reliable gun and make sure that you have plenty of bullets on hand
 - c) Eat lots of pizza while watching TV in an air conditioned room
 - d) Drink plenty of water
2. How does your body regulate heat?
 - a) By making you tired and wanting you to lay down and rest
 - b) By making you sweat
 - c) By increasing your blood circulation and raising your skin's temperature
 - d) By making you nauseous
3. If you get many sunburns as a teenager, you have a greater chance of getting skin cancer when you become an adult.
 - a) True
 - b) False
 - c) I don't get sunburns anymore. I am continuously red for the entire summer
4. What is the Heat Index?
 - a) The highest recorded summer temperature in the town of your residence
 - b) A measure of global warming due to greenhouse gases
 - c) The temperature of your body at the onset of a heat stroke
 - d) The ambient air temperature when heat and humidity are combined
5. With increased temperature, many insects become more active.
 - a) True
 - b) False
 - c) There are no insects in North America
6. What is melanin?
 - a) A watermelon from Mexico
 - b) A sad melody played on the radio
 - c) A protective brown colored pigment in your skin
 - d) An active ingredient in suntan lotion
7. Tornadoes never strike large cities
 - a) Always true
 - b) True, except for cities in "Tornado Alley"
 - c) False



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8. Which insects can sting you repeatedly?
 - a) Hornet
 - b) Wasp
 - c) Bee
 - d) Yellow jacket

9. Signs of heat stress include:
 - a) Being tired
 - b) Being thirsty
 - c) Having muscular cramps
 - d) Inattention

10. Which of the following statements are **true** about the insect repellent DEET?
 - a) It needs to be applied once once-per-day
 - b) It can be applied to both clothing and a person's skin
 - c) It kills insects
 - d) It forms a vapor shield a few inches above your skin, and it confuses the insects so they can't locate your body

11. What can you find at the eye wall of a hurricane?
 - a) The highest wind speed
 - b) The highest barometric (or atmospheric) pressure
 - c) The lowest barometric (or atmospheric) pressure
 - d) Soiled underwear (namely yours, if you also happen to be there)

12. When your skin becomes dry and hot, it is a sign of:
 - a) Heat stress
 - b) Heat stroke
 - c) Heat exhaustion
 - d) You just completed the 1-mile run during CAP P/T in less than 5 minutes

13. An SPF 15 (Sun Protection Factor 15) on a suntan lotion label means that:
 - a) The suntan lotion has 15 times more ingredients for protection from the sun than the SPF 1 rated suntan lotion
 - b) You can stay out in the sun up to 15-hours, if you repeatedly apply plenty of this suntan lotion on your body
 - c) You have to be at least 15-years of age to use this product
 - d) It will take 15 times more sun exposure on your skin to produce the same sunburn as with an unprotected skin



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14. When your skin is cold and clammy, and heavy with perspiration, it is a sign of:
- Heat stress
 - Heat stroke
 - Heat exhaustion
 - You failed to graduate from CAP Tri-Wing encampment
15. How can you tell if your body is getting dehydrated?
- You don't sweat as much as before
 - You get muscle cramps in your legs and abdomen
 - Your fellow CAP cadet asks you when was the last time you took a shower or used a deodorant
 - The color of your urine is dark yellow or brown
16. What is a tumor?
- Another name for cancer
 - Another name for the squamous cell on your skin
 - The result of an extremely fast-paced cell division (or cell reproduction)
 - A U.V. Index above 9
17. Which of the following statements are **true** about the insect repellent Permethrin?
- It needs to be applied once once-per-day
 - It can be applied to both clothing and a person's skin
 - It does not kill insects
 - It kills insects by attacking their nervous system
18. What does the medical term anaphylaxis refer to?
- An illegal narcotic drug
 - A form of skin cancer from U.V. radiation from the sun
 - An allergic reaction to a bee sting
 - Severe dehydration, or water loss from your body
19. If you are swimming in the ocean toward the shore, but a rip current sweeps you out to the sea, what should you do?
- Swim toward the shore even harder than before
 - Do not fight the current. Swim parallel to the shore, and when the current passes, then swim to the shore.
 - Yell to the life guard to come and save you
 - Call your parents for help from the closest pay-phone



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20. Which of the following weather conditions increase the chances for a wildfire?
- A careless camper discarding a burning match
 - No wind
 - High humidity
 - Thunderstorm with lightning
21. Which of the following is **not** a wildfire prevention tip?
- Clear the camp fire pit to bare soil, and circle it with rocks
 - Keep a bucket of water and shovel nearby
 - Only leave the campfire for a very short time (less than a couple of minutes), if you must go away from it
 - When putting out a campfire, drown the fire with water, stir the smoldering ashes, then drown it again with water
22. What is a good place to try to hide from a tornado if you are caught outdoors?
- In your car
 - In a ditch
 - At a highway overpass
 - Next to a tree
23. How do hurricanes get their devastating power?
- From the ocean when the water temperature is above 80 °F and lots of warm humid air create a strong updraft
 - From the exhaust fumes of CAP Search and Rescue planes, as they try to save victims, stranded in the ocean
 - From U.V. radiation from the sun and a localized ozone depletion region in the atmosphere
 - From a mysterious, unknown energy source from the Bermuda Triangle
24. Where does a wildfire spread the fastest?
- On an up-slope
 - On a down-slope
 - On level ground
 - The wildfire spreads at the same speed on all terrains
25. A good first aid for swimmer's ear is:
- Add a couple of drops of rubbing alcohol and vinegar into your ear
 - Wash your ear out with plenty of soap and water
 - Use several Q-tips to dry out your ear
 - Light a match next to your ear and let the heat from the flame dry it out. If your hair catches on fire, that's a good sign because your ear will dry out even faster.



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26. Which insect has a yellow-orange hourglass marking at the bottom of its stomach?
- Black widow spider
 - Brown recluse spider
 - Spider man when he puts on his uniform
 - Deer tick
27. Complete the following phrase about plants: "If leaves are three....."
- Yummy for me
 - Let this plant be
 - Trees please don't eat me
 - Birds eat lunch for free
28. Which is **not** a water safety rule:
- Do not swim during storm and lightning
 - Do not dive into shallow water
 - Do not go swimming when lifeguard is on duty
 - Do not swim alone
29. Which shellfish can give you food poisoning if it was fished-out from polluted water (Hint: Beware of bivalves!):
- Clams
 - Oysters
 - Lobsters
 - Mussels
 - Scallops
 - Shrimp
 - Crabs
30. Which parts of the human skin are prone to cancer from U.V. radiation from the sun?
- Epidermis
 - Squamous and basal cells
 - Dermis
 - Subcutis
31. How often should you apply "broad spectrum" and "water resistant" suntan lotion on your skin if you are outside in the summer sun?
- I am tough!! I do not need any suntan lotion!
 - Once every hour
 - Once every 2-hours
 - Once every 4-hours



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32. Which statement is **true** about Lyme disease:
- It is hard to diagnose because the rash appears only about 7-days after the tick bites you
 - The rash from the tick's bite is circular at first, but later it has the appearance of a "bull's-eye"
 - The tick can be removed from your skin by using petroleum jelly, hot match, or nail polish
 - Two different blood tests are required for a positive diagnosis for Lyme disease
33. The storms that produce a lot of heavy rainfall has:
- Strong updraft and weak downdraft
 - Weak updraft and strong downdraft
 - Weak updraft and weak downdraft
 - Strong updraft and strong downdraft
34. From the broad spectrum of wavelengths that is emitted from the sun, which is most responsible for skin cancer?
- Infrared
 - Ultraviolet – B (U.V. – B)
 - Ultraviolet – C (U.V. – C)
 - Microwave
35. Which way do hurricanes rotate in the Southern Hemisphere?
- Counter-clockwise
 - Clockwise
 - Sometimes clockwise and sometimes counter-clockwise, depending on the Earth's magnetic pull at the Equator
 - They do not rotate
36. Which cloud is called a "fair weather" cloud?
- Altostratus
 - Nimbostratus
 - Cirrus
 - Cumulonimbus
37. Lightning strikes the Earth in the shortest, most direct path.
- True
 - False
 - Lightning is a thunderbolt thrown by the Roman God Jupiter at his enemies. It always strikes in a straight and direct path. He never misses!



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38. If you are caught outdoors during a lightning storm, what should you do?
- Run to an open field, away from the trees
 - Climb on the tallest tree to get a better view of the lightning storm
 - Crouch down, put feet together, and place hands over your ears
 - Go to the nearest pay phone, call your friends, and talk to them until the lightning is over, to take your mind off the storm
39. On the Fujita Scale for tornadoes, an F3 tornado is:
- A weak tornado
 - A severe tornado
 - A devastating tornado
 - What is Fujita? Is it some type of new Japanese culinary delicacy?
40. If you are caught outdoors in your car in a tornado, what should you do?
- Step on the gas pedal as hard as you can, and pray that you can outrun the tornado
 - Stay in your car with your engine off because it is safer there
 - Get out of your car, find a ditch, and lie there flat on the ground
 - Go to the nearest underpass to seek safety
41. Damages from hurricanes do **not** include:
- Strong winds
 - Storm surge
 - Supercells
 - Flooding
42. If you open a window to equalize air pressure during a tornado, it will save a roof, or even some parts of your home, from destruction
- True
 - False
 - This is the most absurd statement I heard today
43. The strongest winds are located in which part of a hurricane?
- The eye
 - The eye wall
 - At the outer edge
 - The wind speed is about the same in all parts of a hurricane
44. When clouds are high up in the atmosphere, the tiny water droplets freeze into ice particles, and we can sometimes see this as hail during a thunderstorm or tornado
- True
 - False
 - Always true! This is how I get ice cubes for my glass of soda.



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45. You should use suntan lotion starting early in life because:
- This is the only way I can get my nagging parents to get off my back during the summer
 - Suntan lotion smells good, and it covers-up my body odor from not taking a shower for the past 2-weeks
 - They attract mosquitoes, especially when I am at Hawk Mountain Ranger School, and I just love those mosquito bites!
 - I can develop skin cancer later in life if I get too many sunburns when I am young
46. Which is **not** a sign that a tornado is coming:
- Sickly greenish or greenish black color in the sky
 - You see cirrus clouds in the sky
 - Debris falling from the sky
 - Hail is falling from the sky
47. If you are in a lightning storm and you hear thunder 7 seconds after you see the lightning, how far away is the storm?
- Let me climb-up on a tall tree, take a look, and I will let you know
 - 1.4 miles
 - 2.0 miles
 - Don't bother me now. I am running to the basement as fast as I can.
48. What causes downdraft in an atmospheric disturbance?
- The inverse effect of an updraft due to the magnetic pull of the North Pole, coupled by the Coriolis wind shear from the Arctic easterlies.
 - Read the above answer one more time, but do **not** pick it as the correct answer, because your fellow cadets will laugh at you
 - My brain hurts!!
 - The cold air and the condensation of the humidity in the uprising warm air at higher altitudes
49. What is the most important thing that you learned during the CAP Safety Classes about Summer Safety?
- Can I get a drink of water?
 - I have to go to the bathroom!
 - Are we done yet?
 - Yawning is caused by the lack of oxygen to the brain, and not by this boring.....I mean very exciting Safety Class!



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50. What is the 2nd most important thing that you learned about Summer Safety in the CAP class?
- a) I wanted to pay attention in class, really I did, but this unruly cadet sitting next to me distracted me. It wasn't my fault!
 - b) I learned so many interesting things that I simply cannot list them all during this short 30-minute class.
 - c) What was that question again?
 - d) Can I get another drink of water?
51. What did you enjoy the most about the Summer Safety classes?
- a) I did not have to do any drills outdoors. I could just sit in a nice and hot classroom and sweat.....and sweat.....and sweat.
 - b) I really enjoyed learning about summer safety. I learned a lot of interesting things.
 - c) I mostly enjoyed the donuts and juice that the Squadron Safety Officer (2nd Lt. Feher) brought in for us
 - d) I mostly enjoyed fooling around with my fellow cadets, and try to disrupt the class as much as I could