



# CREATING A SAFE INDUSTRIAL WORKPLACE

THE JEFF HAVENS COMPANY

## Quiz Questions

### Video #1 – Proper Lifting Techniques

- 1) According to the video, what is the primary cause of muscle strain and injury?
  - a. Poor diet.
  - b. Poor body mechanics.
  - c. Poor circulation.
- 2) Why might it be a good idea to establish safe lifting limits?
  - a. They are required by law.
  - b. They prevent people from lifting whatever they think they can handle.
  - c. Because I said so.
- 3) What is the key to proper team lifting?
  - a. Good communication.
  - b. Having a supervisor watch the process.
  - c. Doing all heavy lifting in the morning.

### Video #2 – Working Safely in Confined Spaces

- 1) The biggest danger of working in a confined space is \_\_\_\_\_?
  - a. Running out of air.
  - b. Getting stuck.
  - c. Developing a cramp.
- 2) How can you best determine whether a confined space is safe to work in?

- a. Just go in and check it out.
  - b. Use an oxygen monitor to assess the quality of the air.
  - c. If it was safe last time, it will be safe this time.
- 3) When working in a confined space, what would a minimum level of safety include?
- a. A safety harness.
  - b. Somebody outside the confined space.
  - c. A back-up worklight.

### **Video #3 – Working Safely from Heights**

- 1) OSHA guidelines stand that a safety harness must be used when working within \_\_\_\_\_ of the unprotected edge of a flat roof.
- a. 6 feet
  - b. 60 feet
  - c. 6 meters
- 2) Safety harnesses don't do much good unless they are accompanied by what?
- a. Matching pants.
  - b. A strong tether to a solid anchor point.
  - c. Steel-toed boots and a hardhat.
- 3) If someone tries to force you to work from a height without proper fall protection, you should \_\_\_\_\_.
- a. Refuse.
  - b. Do it just to shut them up.
  - c. Assess the worksite and decide if an exception can be made in this case.

### **Video #4 – Slips, Trips & Falls**

- 1) According to OSHA, falls account for approximately \_\_\_\_\_ of all workplace accidents.
- a. 15%
  - b. 35%
  - c. 50%
- 2) The video suggests that fall prevention is largely a function of what?
- a. Restricting your movement as much as possible.
  - b. Paying attention to your environment.
  - c. Avoiding changes in elevation whenever possible.
- 3) When ascending or descending stairs, when you use the handrail?
- a. Always.
  - b. Whenever it's convenient.
  - c. Only if you feel yourself beginning to fall.

### **Video #5 – Fire Prevention**

- 1) According to the video, one of the easiest way to prevent fire is to \_\_\_\_\_.
- a. Avoid working with anything that causes sparks or flames.
  - b. Keep anything flammable or combustible away from heat sources.
  - c. Always have a water source nearby.
- 2) What is a fire watch?

- a. A person who watches while somebody works with heat or open flame.
  - b. A watch that is resistant to being burned.
  - c. The person who calls the fire department in the event of a fire.
- 3) How do you test for lower explosive limit (LEL)?
- a. Test the LEL levels at the worksite to establish a healthy baseline.
  - b. Test the LEL levels away from the worksite.
  - c. Test the LEL levels away from the worksite to establish a baseline, then at the worksite to see if the levels are similar.

#### **Video #6 – Preventing Electrical Shock**

- 1) If a power cord shows any signs of damage, what should you do?
- a. Fix it before using it.
  - b. Use it only for low-voltage applications.
  - c. Not use it.
- 2) According to OSHA, you should not work within \_\_\_\_\_ of overhead power lines (unless you are working on the line itself)?
- a. 10 feet
  - b. 100 feet
  - c. You should not work within sight of any overhead power line.
- 3) If an electrical tool or system requires maintenance, who should perform it?
- a. Anybody can.
  - b. Outside electrical professionals only.
  - c. Anyone with the appropriate qualifications to perform electrical maintenance.

## **Answers:**

#### **Video #1 – Proper Lifting Techniques**

- 4) According to the video, what is the primary cause of muscle strain and injury?
- a. Poor diet.
  - b. Poor body mechanics.
  - c. **Poor circulation.**

- 5) Why might it be a good idea to establish safe lifting limits?
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