

EFFECTIVE USE OF PERSONAL PROTECTIVE EQUIPMENT (PPE)

THE JEFF HAVENS COMPANY

Quiz Questions

Video #1 – Hand Protection

- 1) According to the video, what percentage of hand injuries involve people who were not wearing protective gloves?
 - a. 25%
 - b. 50%
 - c. 70%
- 2) Which type of protective glove is NOT mentioned as a good option in this video?
 - a. Cut-resistant
 - b. Cut-proof
 - c. Thermal
 - d. Anti-vibration
- 3) What danger do rings and bracelets pose in the workplace?
 - a. They might tempt your coworkers to steal them from you.
 - b. They can easily get entangled in machinery.
 - c. They pose no danger as long as they are thin.

Video #2 – Knee Protection

- 1) What kind of knee guard should you wear?
 - a. It doesn't matter – one size fits all.
 - b. Choose a knee guard with straps, not clips.

- c. If possible, pick a knee guard designed to protect against common hazards in your line of work.
- 2) Why are knees such a vulnerable part of the body?
 - a. Because it is the largest joint with a lot of moving pieces.
 - b. Because our knees tend to stick out in front of us while we're walking.
 - c. Because I said so.
- 3) How can you protect your knees when working on grating or uneven surfaces?
 - a. Anything that can provide cushioning for your knees will offer some protection.
 - b. Knee guards are the only protection you can use.
 - c. You should avoid working on uneven surfaces at all costs.

Video #3 – Back Protection

- 1) According to the video, what percentage of workplace injuries involve the back?
 - a. 20%
 - b. 50%
 - c. 80%
- 2) Which of the following was NOT mentioned as a way to protect your back without any PPE?
 - a. Lifting well below your ability
 - b. Utilizing proper lifting techniques
 - c. Establishing lifting limits for all employees
 - d. Avoid lifting anything
- 3) A back brace is NOT designed to do what?
 - a. Protect your back from injury.
 - b. Allow you to lift more than you can without one.
 - c. Prevent your back from slipping into unhealthy positions.

Video #4 – Eye Protection

- 1) What is the difference between safety glasses and safety goggles?
 - a. Goggles offer better protection than glasses do.
 - b. Glasses offer better protection than goggles do.
 - c. There is no difference between glasses and goggles.
- 2) When should you wear safety lenses?
 - a. Any time you see a sign indicating that eye protection is necessary.
 - b. In windy or dusty conditions.
 - c. All the time.
- 3) According to the video, what percentage of workplace eye injuries could have been prevented with the appropriate eye protection?
 - a. 25%
 - b. 55%
 - c. 90%

Video #5 – Hearing Protection

- 1) According to the video, why is hearing loss such a common problem in the workplace?
 - a. People spend too much time shouting at each other.

- b. Most industrial equipment is louder than our ears can safely tolerate.
 - c. Hearing loss is a natural part of getting older.
- 2) How much louder is 100dB than 95dB?
 - a. 5% louder
 - b. 50% louder
 - c. Twice as loud.
- 3) Which are more effective hearing protection – earplugs or earmuffs?
 - a. Earplugs
 - b. Earmuffs
 - c. Both are equally effective if worn correctly.

Video #6 – Respiratory Protection

- 1) What are dust masks used for?
 - a. Filtering out dust particles.
 - b. Filtering out fumes and gases.
 - c. Filtering out dust particles and harmful fumes.
- 2) Before using a respirator, what will you need to do?
 - a. Perform a fit test and medical fitness assessment.
 - b. Check to ensure the respirator is free from tears, leaks, and other imperfections.
 - c. Both of those – duh.
- 3) According to the video, what is a potential risk of using supplied air?
 - a. You might run out of air without knowing it.
 - b. Your lungs will work harder than in a normal breathing environment.
 - c. You can develop an inability to breathe normal air if you use it too much.

Video #7 – Head Protection

- 1) What do most people keep inside their heads?
 - a. Their brains.
 - b. Their wallet.
 - c. Nothing very important.
- 2) Why should you wear a helmet or other protective head gear?
 - a. Because it's the law.
 - b. Because it will keep your brains from being crushed, squished, punctured, demolished, annihilated, or jiggled unpleasantly.
 - c. You really shouldn't.
- 3) When should you wear a hard hat or protective helmet?
 - a. Anytime you're working in a place where you might fall or something might fall on you.
 - b. Anytime you're on a site where random pieces of flying shrapnel could launch themselves unexpectedly at your noggin.
 - c. Um, how about both of those?

Answers:

Video #1 – Hand Protection

- 4) According to the video, what percentage of hand injuries involve people who were not wearing protective gloves?
 - a. 25%
 - b. 50%
 - c. **70%**
- 5) Which type of protective glove is NOT mentioned as a good option in this video?
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 - b. **Cut-proof**
 - c. Thermal
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