

# EQUIPMENT SAFETY ESSENTIALS

THE JEFF HAVENS COMPANY

## Quiz Questions:

### Video #1 – Ladder Safety

- 1) According to the video, what is the first thing you should do before using a ladder?
  - a. Make sure your will is up to date.
  - b. Inspect the ladder for any cracks, defects, or missing parts.
  - c. Get your hard hat.
- 2) What is the correct pitch for positioning a ladder against a flat wall?
  - a. One foot from the base of the wall for every four feet of height.
  - b. One foot from the base of the wall for every two feet of height.
  - c. One foot from the base of the wall for every one foot of height.
- 3) According to the video, which of the following is the most important thing to remember regarding the use of a metal ladder?
  - a. Metal can get very cold in wintry conditions, so don't leave them outside.
  - b. Metal ladders can conduct electricity, so don't use them near electrical lines.
  - c. Metal ladders are more likely to collapse than wooden ones.
- 4) When ascending or descending a ladder, which of the following is correct regarding points of contact between yourself and the ladder?
  - a. At least two points of contact – one hand, and one foot.
  - b. At least three points of contact – one hand, one foot, and your chest.
  - c. At least three points of contact – two hands and one foot, or two feet and one hand.

## **Video #2 – How to Use a Two-Wheeled Handcart**

- 1) According to the video, what is the first thing you should do before using a handcart?
  - a. Make sure it is rated to carry the weight of the object you plan to move.
  - b. Find someone to help you with the job.
  - c. Stretch well, and do some light calisthenics.
- 2) When should you seek help in moving a piece of equipment?
  - a. Anytime you use a handcart.
  - b. When the object is too tall or heavy to safely maneuver by yourself.
  - c. Never. Only losers ask for help.
- 3) Before moving anything, you should ensure that the path you're going to take is \_\_\_\_\_.
  - a. The shortest path possible.
  - b. Near a water fountain, in case you get thirsty.
  - c. Free from any unnecessary obstacles or hindrances.
- 4) When should you take your handcart up and down stairs?
  - a. For fun, and for a little extra exercise.
  - b. When they are wide enough to avoid banging into the walls.
  - c. Only if an easier way of going up and down is not available.

## **Video #3 – How to Use a Fire Extinguisher**

- 1) What does the acronym PASS stand for?
  - a. Pull, Aim, Shoot, Smile
  - b. Pump, Action, Shotgun, Sally
  - c. Pull, Aim, Squeeze, Sweep
- 2) When should you attempt to put out a fire yourself?
  - a. Anytime there is a fire.
  - b. Before calling the fire department.
  - c. When it is small and manageable.
- 3) What is the first step in the event of a fire?
  - a. Call the fire department and alert others in the building.
  - b. Find your fire extinguisher.
  - c. Evacuate the building.

## **Video #4 – Power Tool Safety**

- 1) When using power tools, all cords should be inspected for damage and \_\_\_\_\_.
  - a. Wrapped up after each use.
  - b. Positioned to avoid potential trip hazards or vehicle paths.
  - c. Repaired with electrical tape if needed.
- 2) Before using any power tool, you should \_\_\_\_\_ and \_\_\_\_\_.
  - a. Wear appropriate PPE; adjust any guards.
  - b. Wear appropriate PPE; remove any guards that will restrict your ability to work quickly.
  - c. Wear cut-proof gloves; ask for assistance if you will need it.
- 3) Which of the following should you never do while using power tools?
  - a. Attempt to secure the piece you are working on.
  - b. Stand in the line of fire in the event your power tool fails.

- c. Use blades or wheels with different speed ratings than the tools you're using.
- d. All of the above.

**Video #5 – How to Avoid Distracting Driving**

- 1) According to the video, how many injuries are caused by distracted driving every day.
  - a. 10
  - b. 1,000
  - c. 1,000,000
- 2) Before driving, you should do which of the following?
  - a. Adjust your seat, mirrors, heat, and anything else that needs to be adjusted.
  - b. Check the local traffic report.
  - c. Make all the phone calls you need to make between now and arriving at your destination.
- 3) At 55mph, a car can travel how far in 5 seconds?
  - a. Through a normal intersection.
  - b. 200 feet.
  - c. The length of a football field.

# Answers:

## Video #1 – Ladder Safety

- 5) According to the video, what is the first thing you should do before using a ladder?
  - a. Make sure your will is up to date.
  - b. Inspect the ladder for any cracks, defects, or missing parts.**
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