

Answer Key – Personal

Back Protection Quiz

1. a. True.
2. a. Bend over at your waist
3. a. True
4. b. False
5. b. False
6. a. True
7. d. All of the above
8. a. True.
9. b. False
10. a. True

Bloodborne Pathogens Quiz

1. b. False
2. d. All of the above
3. a. True.
4. b. False
5. a. True.
6. b. False
7. d. All of the above
8. b. False
9. a. True.
10. a. True

Eye Protection Quiz

1. a. Side protection.
2. b. The maximum level of potential hazard.
3. c. Tight-fitting chemical goggles or face shields over industrial safety glasses.
4. a. Welding goggles with special filtered lenses.
5. b. False. If there are a lot of flying objects, wear a face shield over safety goggles or spectacles.
6. c. Adjust the strap and place it low on the back of the head.
7. a. Around dust or chemicals.
8. c. Replaced.
9. a. Closed container to prevent damage and keep out dust and dampness.
10. a. True.

Foot Protection Quiz

1. b. False. Always wear sturdy shoes with low heels and nonskid soles.
2. c. Falling or rolling objects.
3. b. Nonskid soles.
4. a. Have reinforced, impact-resistant toes.
5. b. Aluminum alloy, fiberglass or galvanized steel footguards.
6. c. No metal parts, including nails.
7. b. Rubber or neoprene.
8. a. Removable over-the-ankle spats.
9. b. Follow decontamination procedures.
10. a. Keeping aisles clear of slipping and tripping hazards.

Hand Protection Quiz

1. c. All parts of the hand can be injured on the job.
2. b. Chemicals
3. c. Infection
4. a. A place on the machine or tool where the work actually takes place
5. c. Working around machinery with moving parts
6. a. Not use the machine or tool, and report the defect to a supervisor.
7. c. Both a and b.
8. c. Rubber
9. b. Repetitive motion disorder
10. a. Cuts, punctures, and abrasions.

Head Protection Quiz

1. a. Identify hazards and provide workers with appropriate personal protective equipment.
2. b. False. Type II hard hats provide protection from both top and side impacts. Type 1 offers only top protection.
3. a. A blow or penetration.
4. c. Absorb the shock of an impact.
5. a. True.
6. b. Never worn around electricity.
7. b. False. Use a hard hat liner, not a hat over a hard hat, when it's cold.
8. c. Replaced.
9. a. Takes a heavy blow or has a cracked, broken, or punctured shell.
10. c. Away from the sun or high heat.

Hearing Protection Quiz

1. a. True.
2. c. 85 decibels or more.
3. a. Monitoring workplace noise and testing employee hearing.
4. c. Both a (replacing worn or loose machine parts) and b (installing sound barriers around noisy equipment).
5. b. False. Never use cotton balls; such homemade devices don't protect against noise.
6. b. The highest level of protection.
7. a. Soft flexible pads on a headband that cover and seal the ear canal entrance.
8. c. Both a (uncomfortable) and b (loose, cracked, or don't seal well).
9. c. Noise or ringing in the ears.
10. a. True.

Personal Protective Equipment Quiz

1. a. True.
2. a. True.
3. a. True.
4. a. True. This duty is considered part of the employer's obligation to be sure that the PPE is in good condition.
5. b. False. This is one of the exceptions to the general rule. Employers are not required to pay for nonspecialty safety-toe protective footwear (including steel-toes shoes or steel-toe boots) that the employer allows to be worn off the job.
6. b. False. This is another exception. Employers are not required to pay for nonspecialty prescription safety eyewear that can be used off the job.
7. a. True.
8. b. False. Employers are not required to pay for items designed to protect the employee from weather, such as winter coats, raincoats, ordinary sunglasses, and sunscreen, because they are also not considered to be PPE.
9. a. True.
10. b. False. Employers cannot require employees to own their PPE as a condition of employment.

Prevent Heart Attacks Quiz

1. b. A blood clot that clogs the arteries.
2. b. False. A family history is a strong reason to reduce other risk factors.
3. b. Repair much of the damage done by smoking.
4. c. Eating fresh fruits and vegetables.
5. a. True.
6. a. True.
7. c. Both a (high blood pressure) and b (diabetes).
8. c. Consult your doctor.
9. a. True.
10. a. Your heart isn't getting enough oxygen.

Respiratory Protection Quiz

1. b. Using engineering controls like ventilation
2. c. Has too little oxygen
3. b. The air is contaminated, but has enough oxygen.
4. a. A tank or compressor to supply air
5. c. Chemicals the respirator protects against
6. a. Provide a good seal to keep contaminants out.
7. b. False. All employees must have proper respirator fit testing; people with glasses or beards may not be able to get a good fit.
8. a. True
9. a. Deteriorated rubber or plastic parts. A respirator should have tight connections and fully charged tanks.
10. b. Dry and neither very hot nor cold

Skin Protection Quiz

1. a. True.
2. b. False. Wash with soap and water. Detergents or solvents are too harsh and can cause irritate your skin.
3. a. True.
4. a. True.
5. b. False. Sensitization can also develop from only one exposure.
6. a. True.
7. b. False. Barrier creams and lotions should be used only to protect against mild "irritants." They do not provide as good protection as gloves.
8. a. True.
9. a. True.
10. b. False. Skin disease is the most common on-the-job illness. Don't take skin problems lightly.

Stress Prevention Quiz

1. b. False. Brief periods of stress can give you extra energy and focus to deal with threatening situations.
2. a. Illness and heart attack.
3. b. Have personal problems.
4. b. Attempt to solve problems rather than worry about them.
5. c. Setting priorities and tackling the tasks.
6. b. False. You can never control everything, and trying to will add to stress.
7. a. True.
8. b. Clears your head and relaxes your muscles.
9. b. False. They can, in fact, cause new problems that add more stress.
10. c. Learn techniques to prevent or deal with stress.

Universal Precautions Quiz

1. a. True.
2. b. False. They're transmitted by direct contact with blood or other body fluids, sexual contact with an infected person, getting stuck by a contaminated sharp, etc.
3. b. Treating all blood and other body fluids as if they are infectious.
4. c. Bandage cuts or broken skin before you put on the gloves.
5. a. Wash the skin that was exposed carefully with soap and water.
6. b. Pick up broken glass with tongs or other tools, not your hands.
7. a. Be sure it receives prompt, proper cleaning and decontamination.
8. b. Emergency response teams and medical workers.
9. b. False. HBV affects the liver and can cause cirrhosis, liver cancer, etc.
10. a. True.