



# Cell Phone Policy Quiz

**1. Motor vehicle crashes are the \_\_\_ cause of workplace death.**

- A. #1
- B. #2
- C. #3
- D. #4

**2. Concerning employer cell phone policies, NSC recommends:**

- A. Policies should meet state laws
- B. Policies should exceed state laws
- C. Policies should cover what employees are willing to do
- D. All of the above

**3. Hands-free devices offer no safety benefit.**

- A. True
- B. False

**4. If you must drive for work, a best practice is to:**

- A. Let clients and colleagues know in advance you won't be able to talk while driving
- B. Pull over to a safe place and park to make or take calls
- C. Let calls go to voicemail and check in at your earliest convenience
- D. All of the above

**5. NSC believes employer cell phone policies should:**

- A. Ban handheld devices
- B. Ban hands-free devices
- C. Ban all cell phone use behind the wheel
- D. Ban texting

Answers: 1. A 2. B 3. A 4. D 5. C

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# Ergonomics Quiz

## 1. Ergonomics involves:

- A. Fitting the worker to the task
- B. Fitting the task to the worker
- C. Making the work fit the company needs
- D. All of the above

## 2. Ergonomic-related symptoms include:

- A. Tenderness
- B. Numbness
- C. Swelling
- D. All of the above

## 3. To eliminate ergonomic risk factors you should take short breaks throughout the day.

- A. True
- B. False

## 4. Which of the following is not an ergonomic risk factor:

- A. Environment
- B. Ecology
- C. Equipment
- D. Work practices

## 5. Ergonomic conditions are commonly caused by:

- A. Awkward postures
- B. Being outside
- C. Starting work early in the morning
- D. Starting work late in the day

Answers: 1. B 2. D 3. A 4. B 5. A

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# Overexertion Quiz

**1. The most common overexertion injuries are:**

- A. Overheating
- B. Sprains and strains
- C. Broken bones
- D. None of the above

**2. Who is at risk of back injury?**

- A. Warehouse employees
- B. Office employees
- C. Drivers
- D. All of the above

**3. The more physically fit you are, the less likely you will be to have a back injury.**

- A. True
- B. False

**4. What is the least stressful position for the lower back?**

- A. Standing
- B. Lying down
- C. Sitting
- D. Crouching

**5. Stress and anxiety can be a potential risk factor for back injuries?**

- A. True
- B. False

Answers: 1. B 2. D 3. A 4. B 5. A

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# Falls Quiz

**1. Following highway crashes, falls \_\_\_\_\_ are the second leading cause of workplace fatalities.**

- A. To the same level
- B. To a lower level
- C. To an upper level
- D. None of the above

**2. Workers in the utility industry are most at risk to falls to a lower level.**

- A. True
- B. False

**3. \_\_\_\_\_ requires employers to provide training for workers who may be exposed to fall hazards.**

- A. NSC (National Safety Council)
- B. OSHA (Occupational Safety and Health Administration)
- C. MSHA (Mine Safety and Health Administration)
- D. NHTSA (National Highway Traffic Safety Administration)

**4. In the workplace, falls to the same level:**

- A. Occur more frequently than falls to a lower level
- B. Occur the same amount as falls to a lower level
- C. Occur less frequently than falls to a lower level
- D. None of the above

**5. Training on fall hazards should include:**

- A. The use and operation of fall protection systems
- B. The role of workers in the fall protection plan
- C. How the fall arrest system works and is worn
- D. All of the above

Answers: 1. B 2. B 3. B 4. A 5. D

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