



Quiz:

Slips, Trips and Falls

1. Which of the following are slips, trips and fall hazards?

- a. Wet floors
- b. Uneven surfaces
- c. Cluttered work areas
- d. a and b
- e. All the above

2. Which areas have the most incidents?

- a. Doorways/entry ways
- b. Ramps
- c. Cluttered hallways
- d. Heavy traffic areas
- e. a, b and c only
- f. All the above

3. The majority of non-fatal falls on the job occur from height or elevation.

- a. True
- b. False

4. Which of the following increase the risk of a trip or fall?

- a. Eating on the go
- b. Rushing to a meeting
- c. Using your cell phone
- d. Being aware of your surroundings
- e. a, b and c only
- f. All the above

5. What is the No. 2 cause of nonfatal disabling injury in the workplace, following overexertion?

- a. Improper use of protective equipment
- b. Stress
- c. Improper ergonomics
- d. Slips, trips and falls



Quiz:

Fatigue

1. How many adults don't get enough sleep each night.

- a. 1 in 3
- b. 1 in 4
- c. 1 in 5
- d. 1 in 6

2. Driving while drowsy increases crash risk by nearly 300 percent

- a. True
- b. False

3. While there is no magic number, most adults should get between 7-9 hours of sleep each day.

- a. True
- b. False

4. Which of the following are tips to promote regular healthy sleep:

- a. Create and follow a sleep schedule
- b. Take medicine to help induce sleep such as cold medicine
- c. Avoid the use of gadgets like smartphones and tablets before bed
- d. Avoid eating a heavy meal right before bedtime
- e. Ensure your sleeping area is quiet and dark and at a moderate temperature
- f. All the above
- g. a, c, d and e

5. Drowsiness affects drivers in which of the following ways:

- a. Reduced attentiveness
- b. Slowed reaction time
- c. Impaired judgment
- d. All the above
- e. None of the above



Quiz:

Workplace Violence

- 1. Workplace violence can occur at or outside the workplace and can range from threats and verbal abuse to physical assaults and homicide.**
 - a. True
 - b. False
- 2. Which of the following may trigger incidents of workplace violence?**
 - a. Stress
 - b. Increased workload
 - c. Financial problems
 - d. Firing
 - e. Disciplinary actions
 - f. All the above
- 3. If workplace violence occurs, you should avoid any aggressive response that may provoke the attacker.**
 - a. True
 - b. False
- 4. Which of the following are indicators that can signal the potential risk of a violent episode?**
 - a. Sudden and persistent complaining about being treated unfairly
 - b. Talking to oneself
 - c. Singing
 - d. Failure to accept criticism about job performance
 - e. All the above
 - f. a, b and d
- 5. Which of the following are tips to help prevent workplace violence?**
 - a. Take every threat seriously
 - b. Resolve conflict peacefully
 - c. Encourage communication of any worrisome situations or suspicious activities
 - d. Seek professional help if you feel threatened in any way
 - e. a, c and d
 - f. All the above



Quiz:

Ergonomics

1. Ergonomics involves designing and arranging workspaces so people work efficiently and safely.

- a. True
- b. False

2. Ergonomic conditions are disorders of the soft tissues, specifically of which of the following:

- a. Muscles, nerves and tendons
- b. Ligaments, joints and cartilage
- c. Blood vessels and spinal discs
- d. All the above

3. Alternating repetitive tasks with non-repetitive tasks at regular intervals or increasing the number of breaks from repetitive work can reduce or eliminate ergonomic risk factors.

- a. True
- b. False

4. The main categories of ergonomic risk are:

- a. Environment – risks found in your work environment
- b. Equipment – risks associated with the equipment you use and proper fit/adjustment
- c. Work practices – risks caused by work requirements, processes or procedures
- d. Individual – risks that are unique to you as an individual, such as a physical characteristic, habits and behavior
- e. All the above

5. Some conditions that can cause musculoskeletal disorders can be brought on by:

- a. Sudden increase in your workload
- b. Introduction of a new process to your work routine
- c. Use of vibrating tools
- d. Maintaining poor or unhealthy posture
- e. All the above



Quiz:

Driver Safety

- 1. More than 90% of crashes are the result of driver error and, therefore, are preventable.**
 - a. True
 - b. False
- 2. Distracted driving impairment begins with the first drink of alcohol a person takes.**
 - a. True
 - b. False
- 3. Drugs (including marijuana) can affect which of the following safe driving skills:**
 - a. Comprehension
 - b. Concentration
 - c. Coordination
 - d. Quick reflexes
 - e. All the above
- 4. Aggressive driving behaviors can include which of the following:**
 - a. Frequent and unnecessary lane changes
 - b. Tailgating
 - c. Running red or yellow lights
 - d. Speeding
 - e. All the above
- 5. Thousands die every year in incidents involving smartphones and distractions from dashboard infotainment systems.**
 - a. True
 - b. False

Answer Key: 1-A, 2-A, 3-E, 4-E, 5-A