

# Environmental Safety Test

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Housekeeping staff and the Safety Officer are the only workers responsible for safety in the organization.
  - a. True
  - b. **False**
  
2. What are the causes of accidents in a facility?
  - a. Boxes, carts or extended cords.
  - b. Wet floors or puddles.
  - c. Standing on an unstable surface to reach a high shelf.
  - d. **All of the above.**
  
3. If you see a problem that could cause an accident:
  - a. Call immediately.
  - b. **Either correct or report the problem.**
  - c. Ignore the problem.
  
4. Some accidents in the facility do not need to be reported.
  - a. True
  - b. **False**
  
5. If water falls into electrical equipment which of the following actions should be taken?
  - a. Use the equipment as long as there are no signs of damage.
  - b. Dry up the water inside the equipment as best as you can.
  - c. **Always take electrical equipment out of service and report it.**
  
6. When parking a company vehicle:
  - a. Avoid isolation.
  - b. Park in a well-lit area.
  - c. Park so you have a good view of the situation.
  - d. **All of the above.**
  
7. \_\_\_\_\_ is about the design and arrangement of things so people and things interact safely and efficiently.
  - a. MSDs
  - b. **Ergonomics**
  - c. Repetition
  - d. None of the above
  
8. Your posture is correct and your body is properly aligned when your ear, shoulder and \_\_\_\_\_ are in a straight line.
  - a. **Elbow**

- b. Hip
  - c. Toe
  - d. Knee
9. Which of the following factors is a cause of back injury?
- a. Twisting at the waist.
  - b. Pushing instead of pulling.
  - c. Lifting things that are too heavy.
  - d. Using back muscles when lifting.
  - e. **All but B.**
10. You can minimize back injury by doing exercises that strengthen the muscles in your back, stomach, hips and thighs.
- a. **True**
  - b. False
11. Which of the following actions protect your back from injury?
- a. Avoid awkward postures.
  - b. Bend at the waist.
  - c. Carry load above the head.
  - d. None of the above.
12. Which of the following is NOT a sign or symptom of an MSD?
- a. Numbness or a burning sensation in the hand.
  - b. Blurred vision.
  - c. **A rash.**
  - d. Cramping.
13. Exposure to back stressors in healthcare workplaces occurs not only during client/resident handling tasks but while performing other tasks as well in the kitchen, laundry, engineering, and housekeeping areas of facilities.
- a. **True**
  - b. False
14. Which of the following can help you prevent environmental hazards where you work?
- a. Don't come to work tired.
  - b. Take smaller steps.
  - c. Watch for warning signs such as "Wet Floor".
  - d. **All of the above**
  - e. A and B only
15. Providing adequate staffing levels to deal with the workload is an example of good work practice.
- a. **True**
  - b. False

16. You are walking with a co-worker down the hallway in the facility where you work when your co-worker suddenly slips and falls on some coffee on the floor. She begins to moan and say that her back really hurts. No-one else is around. What should you do?
- Make her comfortable and go and get help.
  - Clean up the coffee so no-one else falls, then get help.
  - Do not move her, go and get help or find someone to help you.**
17. Since millions of people work with computers every day, experts have been able to compile a list containing "correct" posture and workstation designs that meet everyone's needs.
- True**
  - False
18. Can repetition of tasks be a risk factor?
- Yes**
  - No
19. Examples of micro pauses that can be used to reduce repetition are:
- Frequent, short breaks.
  - A five minute break every hour.
  - Both A and B.**
20. Which of the following materials are good conductors of electricity?
- Liquids.
  - Wet hands or wet cloths.
  - Metals.
  - All of the above.**