Personal Safety:  
Personal Protective Equipment Quiz

Questions:

1. True or False: You must wear safety glasses and a hard hat on the jobsite at all times.
2. True or False: If you wear regular eyeglasses, you never need to wear safety glasses.
3. True or False: If you get hot on the jobsite, drilling or punching holes in your hard hat is a good way to increase air circulation to help you cool off.
4. True or False: Hearing protection is only necessary when you are being exposed to loud sounds for multiple hours a day.
5. True or False: If hearing protection is required, it is important to check your earplugs once a week and replace as necessary.
6. True or False: Work gloves are important for protecting your wrists and hands from possible lacerations and puncture wounds.
7. Which of the following should be true about proper clothing choices for the jobsite:
   a. Choose clothing that makes it easy to bend, stretch and move, in general.
   b. Choose clothing that protects your body and limbs from injury.
   c. Avoid loose and/or ripped clothing.
   d. All of the above.
8. Which of the following must be true of your jobsite footwear:
   a. Work shoes or boots have light-colored soles to keep from creating scuff marks on the wood.
   b. Work shoes or boots have slip- and puncture-resistant soles to best protect your feet.
   c. Work shoes or boots have Velcro closures instead of shoelaces.
   d. Work shoes or boots should match your outfit.
9. True or False: If respiratory protection is required, you will need to check the respirator each day, before using it, and ask for a new one if yours become damaged in any way.
10. Respiratory protection is required when cutting the following products on the jobsite:
   a. Lumber.
   b. Cardboard.
   c. Stone products such as concrete, brick, block or rock.
   d. A and C.

Answers:

1. True: No exceptions.
2. False: If you wear regular eyeglasses, they must conform to the same ANSI standards. If they do not, you will be required to wear safety glasses in addition to your regular eyeglasses.
3. **False**: Never, under any circumstances, should you alter your hard hat in any way. This includes drilling or punching holes or painting. All of these things can cause your hard hat to work less effectively.

4. **True**: If you need to shout to make your voice heard, it’s possible you’re being exposed to sounds that will require you to use hearing protection. In addition, if you experience ringing in your ears or are having difficulty hearing sounds that you could hear prior to being on the jobsite, let your supervisor know immediately.

5. **False**: Earplugs should be checked **daily** for damage, dirt or build up, and replaced as necessary.

6. **True**.

7. **All of the Above**.

8. **B**: The one exception is that tennis/sneaker-type shoes can be worn while working on roofs.

9. **True**: Be sure to follow all directions given and ask questions if you do not understand.

10. **A and C**: Be sure to always wear your safety glasses and hard hat when cutting lumber or stone products.
Personal Safety:
Proper Body Mechanics Quiz

Questions:

1. The use of proper body mechanics will result in which of the following:
   a. Conservation of energy.
   b. Reduced stress and strain on body structures
   c. Safe movements that reduce the possibility of injury.
   d. All of the above.

2. True or False: Always avoid lifting heavy or bulky objects that could lead to an injury.

3. True or False: Whenever possible, it is best to use mechanical devices to lift and move objects on the jobsite.

4. Asking for help to lift or move objects on the jobsite is a sign of:
   a. Weakness.
   b. Laziness.
   c. Good personal safety.
   d. All of the above.

5. True or False: For proper lifting, hold the load out in front of you as far as possible so it’s easier to set down when you get to your destination.

6. Which of the following is not true for proper carrying:
   a. Keep weight load close to the body and centered over the pelvis.
   b. Put down the load by bending the hips and knees with the back straight and the load close to the body.
   c. If the load is too heavy, try to move as quickly as possible to your destination.
   d. All of the above.

7. Which of the following is an important key to proper pushing:
   a. Bending the elbows and putting the hands on the load at chest level.
   b. Building momentum with a running start.
   c. Bending the knees deeply to get as low as possible for leverage.
   d. Pushing as hard as you can with your arms and shoulders.

8. True or False: The key to proper pulling is having a strong back that can do the bulk of the work.

9. Which of the following are important to remember for proper reaching:
   a. Stand close to the object. Keep center of gravity over the base of support.
   b. Place the feet wide apart, one in front of the other, to ensure freedom of movement – forward and backward – as arms are raised and lowered.
   c. Maintain good body alignment. Move close to the object. Do not reach outward to the point of straightening.
   d. All of the above.

10. True or False: When properly reaching for an object above the head, grip it with both hands. If it feels too heavy, rest it on your head or shoulders for extra support while you find your balance.
Answers:

1. **D:** Body mechanics can be described as the efficient use of your body to produce motion that is safe, energy-conserving, and anatomically and physiologically efficient and that leads to the maintenance of a person’s body balance and control.

2. **True:** Whenever possible, use mechanical devices to lift and move objects. Just be sure to choose the right device for the job, and never use any equipment unless you are properly trained.

3. **True:** Just be sure to choose the right device for the job, and never use any equipment unless you are properly trained.

4. **C:** If the load is too heavy, get help!

5. **False:** Keep the load as close to the body as possible while lifting and do not twist the body.

6. **C:** If the load is too heavy, get help!

7. **A.**

8. **False:** Proper pushing and pulling both rely on keeping a straight back, crouching strides and having your legs do all the work.

9. **D.**

10. **False:** If the load is too heavy, get help!