# Assessment

## SAFETY ESSENTIALS

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ASSESSMENT – SAFETY ESSENTIALS

Name: ..............................................................

Date: ..............................................................

I.D. (if applicable): .............................................

1. Which of this is not one of the four Safety Essentials?
   a) What to do in an emergency situation
   b) Confined space safety
   c) Understanding how you can be harmed
   d) Correct manual handling techniques

2. Workplace safety is based on the principle of ____.
   a) Personal protective equipment
   b) Recognition, evaluation and control of hazards
   c) Chemical hazards
   d) Energy sources

3. For accidents to cause injuries, a hazard must be present that is a source of ____.
   a) Energy
   b) Radiation
   c) Fire
   d) Illness

4. What is the most common route of entry of hazardous substances into the body?
   a) Injection
   b) Absorption
   c) Inhalation
   d) Ingestion
5. Dust, gases and vapours are examples of potentially hazardous ____.
   a) Bacteria
   b) Cleaning products
   c) Viruses
   d) Airborne contaminants

6. The four Safety Essentials are made up of understanding how you can be harmed, correct manual handling techniques, what to do in emergency situations, and what else??
   a) Your role
   b) Office safety
   c) Fire fighting techniques
   d) Engineering controls

7. What is the single biggest group of workplace injuries?
   a) Eye injuries
   b) Injuries from radiation
   c) Broken legs
   d) Manual handling injuries

8. What is the first step of the basic lifting and carrying technique?
   a) Bend the knees
   b) Set down the load
   c) Straighten the back
   d) Check or clear the area

9. What muscles should you use for lifting?
   a) Back muscles
   b) Shoulder muscles
   c) Leg muscles
   d) Neck muscles

10. What is not an example of important knowledge relevant to emergency situations?
    a) Evacuation procedures
    b) How to prevent illness or disease from viruses
    c) The location of eye wash stations
    d) How to administer first aid