

The *BSO Plus Safety Refresher* is a checkpoint designed from the monthly safety topics. Completing this refresher is your way to stay current on the safety information over the 3 years between BSO Plus and BSR.

TEST QUESTIONS: ANNUAL SAFETY REFRESHER

Your Name:		Date:	
Company:		IEC #:	

1. A corporation that is convicted of contraventions of the Occupational Health and Safety Act (OHSA) can face fines of up to \$1,500,000.

- a. True
- b. False

2. Match the following list of organizations to their purpose.

- | | | |
|---|-------|--|
| <p>a) Ministry of Labour, Training and Skills Development</p> | _____ | <p>Includes 6 provincially funded medical clinics across Ontario</p> |
| <p>b) Health and Safety Ontario</p> | _____ | <p>Uses trained workplace inspectors to enforce the law under the OHSA</p> |
| <p>c) Workplace Safety and Insurance Board</p> | _____ | <p>Provides insurance benefits for sick or injured workers</p> |
| <p>d) Occupational Health Clinics for Ontario Workers</p> | _____ | <p>Made up of 4 provincially funded safety associations: WSPS, IHSA, PSHSA and WSN</p> |

3. According to the Occupational Health and Safety Act, as a worker, you have 3 basic rights. Match the following rights to an example of how that right could be exercised.

- | | | |
|--------------------------------|-------|---|
| <p>a) Right to Know</p> | _____ | <p>You notice that a scaffold is missing a tag. Before beginning to work you report the unsafe condition to your supervisor</p> |
| <p>b) Right to Participate</p> | _____ | <p>You join your Joint Health and Safety Committee or become a Health and Safety Representative</p> |
| <p>c) Right to Refuse</p> | _____ | <p>You attend regular staff meetings and safety talks in the workplace</p> |

4. **Every worker is responsible only for his/her own safety.**
 - a. True
 - b. False

5. **If you are overexposed to a hazardous material, the extent of your injury or illness may depend on which of the following? (Circle all that apply)**
 - a. Quantity and concentration of the chemical
 - b. Exposure to more than one chemical
 - c. Length of exposure
 - d. State of health

6. **If you are likely to be exposed to a controlled product while on the job, your employer has a legal duty under the Occupational Health and Safety Act (OHSA) to educate you about that product and the precautions you must take to protect yourself.**
 - a. True
 - b. False

7. **Each of the 11 designated substances will have their own individual written control program and safe handling procedures.**
 - a. True
 - b. False

8. **“Latency Period” is:**
 - a. The 24 hours after exposure to a substance
 - b. The time between exposure to a carcinogen, toxin, or disease-causing organism and development of a consequent disease
 - c. The time between developing symptoms and when you recover from them
 - d. None of the above

9. **By cutting into a vinyl floor tile that contains non-friable asbestos, the asbestos can be released as friable asbestos and inhaled.**
 - a. True
 - b. False

10. Signs and coloured metal banding are two methods for identifying asbestos in the workplace. What should you do if you're not sure whether or not something contains asbestos?

- a. Try to crush a piece of material by hand to see if it crumbles
- b. Try to ignite it
- c. Assume it is asbestos, do not disturb it, and contact your supervisor
- d. Ask your co-workers if they know

11. When working with RCFs, the greatest risk of exposure is due to inhalation of fibres and/or dust.

- a. True
- b. False

12. Refractory Ceramic Fibres (RCFs) may be found in: (Circle all that apply)

- a. Gaskets and seals
- b. Drywall compound
- c. Furnace liners
- d. Thermal insulation in industrial boilers

13. Which of the following are properties of H₂S? (Circle all the apply)

- a. Colourless gas
- b. Occurs naturally
- c. Rotten egg smell at high concentrations
- d. Heavier than air

14. You can trust your sense of smell to detect the presence of H₂S.

- a. True
- b. False

15. Benzene is a natural component of gasoline and is often held in pipelines or tanks.

- a. True
- b. False

16. Examples of PPE controls for benzene include: (Circle all that apply)

- a. Chemical safety goggles
- b. Chemical face shield
- c. Respiratory protection
- d. Double hearing protection

17. Exposure to breathable crystalline silica can cause: (Circle all that apply)

- a. Lung cancer
- b. Bronchitis
- c. Emphysema
- d. Silicosis

18. Crystalline silica is the primary component of which of the following materials:

- a. Brick
- b. Iron
- c. Aluminum
- d. Topsoil

19. 95% of lead accumulates in the bones and can be released back throughout the body over time, causing damage to: (Circle all that apply)

- a. Brain
- b. Bones
- c. Liver
- d. Kidneys

20. Personal protective equipment (PPE) to be used when lead exposure is possible includes: (Circle all that apply)

- a. Safety harnesses
- b. Gloves
- c. Non-permeable clothing
- d. Approved respirators

21. The following are characteristics of mercury: (Circle all that apply)

- a. Liquid at room temperature
- b. Highly flammable
- c. Heavy and dense metal
- d. Odourless

22. Crude oil streams can contain mercury.

- a. True
- b. False

23. Your body may be suffering from heat stress if you experience:

- a. A red bumpy, itching rash
- b. Painful cramps in your most worked muscles
- c. Heavy sweating, nausea or vomiting
- d. All of the above

24. The Safety Partnership's Heat Stress guidelines recommend the following controls for heat stress: (Circle all that apply)

- a. Issuing alerts
- b. Increasing physical activity
- c. Drinking water at regular intervals
- d. Stopping non-essential work

25. In addition to alcohol, certain medications may prevent the body from generating heat normally. These include sedatives, anti-depressants, tranquilizers and some heart medications.

- a. True
- b. False

26. Artificial sources of radiation include:

- a. X-ray machines
- b. Nuclear gauges
- c. Minerals in the soil
- d. All of the above

27. If you are working with or near radiation, exposure dosages will be carefully monitored and recorded.

- a. True
- b. False

28. Ringing or buzzing in the ear may be a sign of:

- a. Mental health issues
- b. Muscle tension response
- c. Tinnitus
- d. None of the above

29. Ontario's Noise Regulation (O. Reg. 381/15) states that over an 8-hour workday no worker may be exposed to a sound level greater than:

- a. 65 dBA
- b. 75 dBA
- c. 85 dBA
- d. 90 dBA

30. Workers who operate hand-held vibrating tools are at risk for experiencing vibration related health conditions.

- a. True
- b. False

31. Which of the following factors may affect the severity of vibration related health effects? (Circle all that apply)

- a. Medical history of injury to fingers and hands
- b. Duration of exposure each workday
- c. State of tool maintenance
- d. Protective practices and equipment including gloves, boots, work-rest periods

32. An example of indirect contact of a biological agent would be: (Circle all that apply).

- a. Contact with contaminated objects and surfaces
- b. Contact with the spray of droplets from coughing
- c. Animal-to-person contact
- d. Insect bites

33. Identify the appropriate control measures for protecting workers from biological hazards. (Circle all that apply)

- a. Handwashing
- b. Worker training and immunization programs
- c. Proper equipment cleaning
- d. Spill cleanup procedures

34. Ergonomics is the science of designing:

- a. Equipment and devices to fit the worker to the work
- b. Personal protective equipment that is a comfortable fit for workers
- c. Equipment and devices to fit the work to the worker
- d. Office chairs that offer various support settings

35. Ergonomic hazards include the following elements:

- a. Workstations, tools and equipment, physical environments, and the organization of work
- b. Tools and equipment and the physical environment
- c. Temperature, lighting, and vibration
- d. Workstations and the organization of work

36. Which of the following actions will help minimize slips, trips, and falls? (Circle all that apply)

- a. Pay attention to your footing
- b. Wear appropriate footwear
- c. Clean up after yourself throughout the day
- d. Do not rush

37. If you come across a housekeeping issue that you are unable to correct, you should:

- a. Cover the problem with some plywood
- b. Report the problem to your supervisor
- c. Avoid the area
- d. Leave the problem for somebody else to fix

38. The working at heights training requirements apply to workers who are required under O. Reg. 213/91 (Construction Projects) to use which of the following methods of fall protection: (Circle all the apply)

- a. A travel restraint system
- b. A fall arrest system
- c. A safety net
- d. A work belt or a safety belt

39. Match the colour of the scaffold inspection tag to its appropriate meaning.

- a) Green Tag _____ Workers must read the tag and follow all listed precautions before using
- b) Yellow Tag _____ Scaffold is safe to use
- c) Red Tag _____ To be treated as a "red tag", the scaffold is not safe to use
- d) No Tag _____ The scaffold is unsafe to use under any circumstances

40. Common causes of dropped objects include: (Circle all that apply)

- a. Inadequate risk assessment
- b. Well maintained tools
- c. Poor housekeeping
- d. Collisions and snagging

41. Physical controls for dropped objects include: (Circle all that apply)

- a. Staying in the moment
- b. Tool lanyards and tethers
- c. Lifting bags
- d. Storage buckets, belt straps, and backpacks

42. In addition to the tagout requirements of Construction Regulation 213/91 s.190(6), the Safety Partnership requires the tag to include:

- a. Your photo ID
- b. The Supervisor's contact number
- c. The contact information of the person who installed the tag
- d. All of the above

43. In addition to electrical energy, workers may be exposed to hazards from which of the following: (Circle all that apply)

- a. Hydraulic energy
- b. Thermal energy
- c. Mechanical energy
- d. Pneumatic energy

44. For a fully or partially enclosed space to be designated as a confined space under the Occupational Health & Safety Act, it must meet BOTH of the following conditions:

- i. not designed and constructed for continuous human occupancy, and
- ii. in which atmospheric hazards may occur because of its construction, location or contents or because of work that is done in it

- a. True
- b. False

45. When communicating with workers inside a confined space, if the safety attendant does not get a response, he should:

- a. Follow the emergency rescue plan
- b. Send a co-worker in to check
- c. Stick his head into the entry to see what's happening
- d. Go find a supervisor

46. Examples of "Distracted Driving" include: (Circle all that apply)

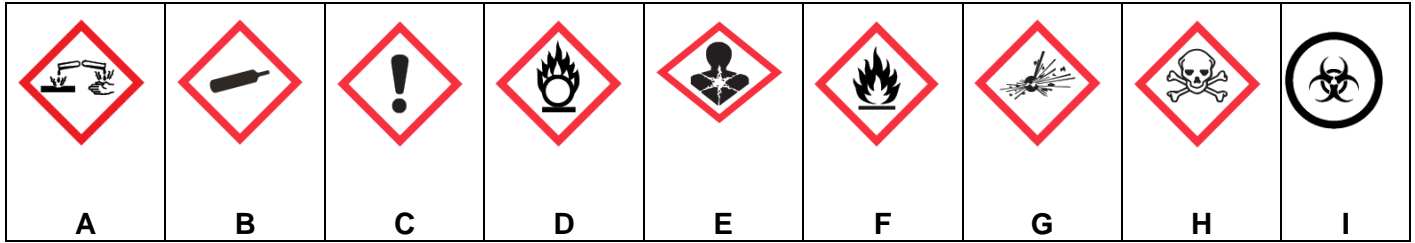
- a. Texting while driving
- b. Excessive speeding
- c. Eating while driving
- d. Searching for something in the car

47. WHMIS provides information to workers about hazardous materials through which of the following method(s)? (Circle all that apply)

- a. Supplier & Workplace labels
- b. Safety Data Sheets
- c. Worker education & training
- d. Workplace inspections

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48. Match the WHMIS 2015 hazard pictogram with the correct category below:



- 1.1 **Flammables** (gases, aerosols, liquids, solids); Pyrophoric (liquids, solids, gases); Self-reactive substances and mixtures; Self-heating substances and mixtures; Substances and mixtures which, in contact with water, emit flammable gases, organic peroxides
- 1.2 **Oxidizers** (liquids, solids, gases)
- 1.3 **Gases under pressure**
- 1.4 **Health Hazards** (Carcinogenicity; Germ cell mutagenicity; respiratory sensitization; reproductive toxicity; Specific target organ toxicity – single exposure; Specific target organ toxicity – repeated exposure; Aspiration hazard)
- 1.5 **Corrosive to metals; Skin corrosion; Serious eye damage**
- 1.6 **Explosives; Self-reactive substances and mixtures; Organic peroxides**
- 1.7 **Acute toxicity (fatal or toxic; oral, dermal, inhalation)**
- 1.8 **Acute toxicity (harmful); Skin irritation; Eye irritation; Skin sensitization; Specific target organ toxicity – single exposure (respiratory irritation or drowsiness or dizziness)**
- 1.9 **Biohazardous infectious materials**

49. Some benefits of TASC's are: (Circle all that apply)

- Increases the communication of hazards in the workplace
- Effective method for identifying hazards associated with each step of the job
- Clearly lists all controls required to mitigate the hazards
- Valid for an entire shift without requiring a review

50. TASC's must be reviewed: (Circle all that apply)

- After breaks
- When the scope of the work changes
- Every hour
- If a new worker joins the group