

The *BSO Plus Safety Refresher* is an annual checkpoint designed from BSO Plus content.

## TEST QUESTIONS: BSO PLUS SAFETY REFRESHER

<b>Your Name:</b>		<b>Date:</b>	
<b>Company:</b>		<b>IEC #:</b>	

- 1. The Occupational Health & Safety Act defines the minimum requirements for health and safety standards in Ontario. Punishment for a person convicted of not complying with the OHS Act could include:**
  - a. Fines for a company
  - b. Fines for a worker
  - c. Jail time
  - d. All of the above
  
- 2. According to the OHS Act, you have 3 basic rights, and they are: (Circle all that apply)**
  - a. Right to Know
  - b. Rights to Choose
  - c. Right to Participate
  - d. Right to Refuse
  
- 3. The General Duty Clause (OHS Act, 25.2(h)), states that it is the duty of your employer to:**
  - a. Provide you with a Policy and Procedure Manual
  - b. Make sure you get your lunch break
  - c. Take every precaution reasonable in the circumstances for the protection of the worker
  - d. Conduct a training session on the Occupational Health and Safety Act
  
- 4. When working with a designated substance, the employer has a legal duty to create a written plan specific to each substance present in the workplace.**
  - a. True
  - b. False
  
- 5. Designated substances: (Circle all that apply)**
  - a. Can be hidden or unknown so they may not be identified on sites
  - b. Are always identified on a safe work permit
  - c. Can be present without workers knowing so it is important to understand where they may be encountered
  - d. Are identified if they are known to exist on sites

6. Friable asbestos poses a greater risk to human health than non-friable asbestos because friable fibres can be easily disturbed and released into the air we breathe.
- True
  - False
7. What are potential sources of Asbestos Containing Material (ACM) in the industrial workplace?
- Pipe and boiler insulation
  - Sprayed on fireproofing
  - Gaskets and packing
  - All of the above
8. RCFs are considered a “probable” or “suspected” human carcinogen.
- True
  - False
9. Refractory Ceramic Fibres (RCFs) may be found in: (Circle all that apply)
- Gaskets and seals
  - Furnace liners
  - Thermal insulation in industrial boilers
  - All of the above
10. Which of the following are properties of H<sub>2</sub>S? (Circle all the apply)
- Colourless gas
  - Highly flammable
  - Rotten egg smell
  - Lighter than air
11. Which of the following are reliable warning systems for H<sub>2</sub>S?
- Signs
  - Personal monitors
  - Sense of smell
  - (a) & (b) only
12. Benzene is not frequently found on local plant sites.
- True
  - False
13. Short-term exposures to benzene may result in:
- Headache or nausea
  - Dizziness or confusion
  - Unconsciousness
  - All of the above

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

- a. Silicosis
- b. Asbestosis
- c. Bronchitis
- d. Emphysema

**15. Materials common on construction sites where silica can be found include: (Circle all that apply)**

- a. Granite
- b. Concrete
- c. Sand
- d. Soil

**16. Lead is toxic to almost all of our organs and can affect virtually every system of the body.**

- a. True
- b. False

**17. Exposure to lead can occur when performing which of the following tasks? (Circle all that apply)**

- a. Welding
- b. Cutting
- c. Grinding
- d. Sanding

**18. Repeated long-term exposure to mercury can result in the following: (Circle all that apply)**

- a. Kidney damage
- b. Excessive bleeding
- c. Tremors
- d. Hearing loss

**19. Heating of mercury should be avoided because this will increase the amount of vapours that may be inhaled.**

- a. True
- b. False

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

- a. Issuing alerts
- b. Reducing physical activity
- c. Drinking water only when thirsty
- d. Stopping non-essential work

**21. Match the physical condition caused by heat stress to its symptoms.**

- |                    |       |   |
|--------------------|-------|---|
| a. Heat Rash       | _____ | Painful cramps in the most worked muscles, like the arms, legs, or stomach, which can occur suddenly or later at home.  |
| b. Heat Cramps     | _____ | Red bumpy rash with severe itching.   |
| c. Heat Exhaustion | _____ | Body temperature over 41°C plus any one of the following: weak, confused or acting strangely; hot, dry, red skin; fast pulse; headache or dizziness. Possible fainting or convulsions in late stages. |
| d. Heat Stroke     | _____ | Heavy sweating; cool moist skin; body temperature over 38 °C; weak pulse; nausea and vomiting; very thirsty; panting or breathing rapidly.  |

**22. When exposed to the cold, your body expends much of its energy in keeping your internal temperature warm. Which body parts are at the greatest risk for exposure?**

- a. Feet and hands
- b. Toes, fingers, ears, and nose
- c. Torso, ears, and nose
- d. Torso and legs

**23. If you are not shivering, then you can assume that your body has warmed up and you may continue working.**

- a. True
- b. False

**24. “Radiation poisoning” can result in:**

- a. Nausea and vomiting
- b. Premature aging
- c. Death
- d. All of the above

**25. Radiation from various sources is known to be present in some of the local refineries. These sources include non-destructive testing equipment and crude streams containing Naturally Occurring Radioactive Materials (NORM).**

- a. True
- b. False

**26. Hearing protection is only required when sound levels exceed 85 dBA.**

- a. True
- b. False

- 27. Common signs of hearing loss can include the following: (Circle all that apply)**
- a. Straining to hear
  - b. Misunderstanding conversations
  - c. Favoring one ear
  - d. Withdrawing from social contact
- 28. Vibration-induced white finger (VWF) is the most common condition among the operators of hand-held vibrating tools.**
- a. True
  - b. False
- 29. Whole-body vibration may result in which symptoms? (Circle all that apply)**
- a. Fatigue
  - b. Tingling and loos of sensation in the fingers
  - c. Loss of balance
  - d. Stomach issues
- 30. Identify the possible sources of biological hazards. (Circle all that apply)**
- a. Bacteria
  - b. Airborne viruses
  - c. Insects
  - d. Birds
- 31. Biological hazards can cause which of the following health effects: (Circle all that apply)**
- a. Skin irritation
  - b. Allergies
  - c. Chronic disease
  - d. Death
- 32. Ergonomics is the study of the:**
- a. Kind of work you do
  - b. Environment you work in
  - c. Tools you use to do your job
  - d. All of the above
- 33. Ergonomic hazards can lead to what type of injuries/illnesses?**
- a. Chemical burns
  - b. Sprains and strains to joints, muscles, ligaments and tendons
  - c. Slip and fall injuries
  - d. Lacerations and amputations
- 34. Employers can be fined for failing to ensure that a work surface is kept free of slip and fall hazards.**
- a. True
  - b. False

- 35. 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. Only clean up at the end of a task
  - d. (a) & (b) only
- 36. Ontario Regulation 213/91, Section 26 states that fall protection equipment is required when a worker could be exposed to the hazard of falling more than 3 meters (10 feet), but the Safety Partnership best practice is to use fall protection equipment when working above 1.8 meters (6 feet).**
- a. True
  - b. False
- 37. A 3-tag system is used for scaffold inspections. What does the yellow tag mean?**
- a. Not safe to use
  - b. Okay to use with supervisor's permission
  - c. Must follow listed precautions before using
  - d. Safe to use
- 38. When working off an extension ladder, which of the following rules need to be adhered to?**
- a. For every 4 feet up place the ladder 1 foot out
  - b. Extend the ladder 3 feet above the work platform
  - c. Maintain 3 point contact
  - d. All the above
- 39. Common causes of dropped objects include: (Circle all that apply)**
- a. Inadequate risk assessment
  - b. Environmental factors
  - c. Poor housekeeping
  - d. Properly tethered tools
- 40. According to the WSIB, "Struck By/Caught in Objects" is the third highest cause of work-related deaths in Ontario.**
- a. True
  - b. False
- 41. Before executing work with hazardous energy, the permit receiver is responsible for:**
- a. Isolating, draining, depressurizing, and purging equipment of hazardous energy
  - b. Establishing limits to create a safe work envelope
  - c. Verifying with Operations that hazardous energy has been controlled or isolated
  - d. None of the above

- 42. The Construction Regulation 213/91 s.190.(6) states that a danger tag shall: (Circle all that apply)**
- Be made of non-conducting material and shall be installed so as not to become energized
  - Be placed and secured in a noticeable location
  - Indicate why disconnected; name of person who disconnected; name of person's employer; and date of disconnect
  - The employee ID number of the person who attached the tag
- 43. Before letting a worker enter a confined space, the employer must:**
- Enter the confined space first to check for hazards
  - Develop, implement and maintain a written Confined Space Program
  - Meet with the entrant and Safety Attendant to address any concerns
  - Ensure that the area has been marked by caution tape
- 44. A safety attendant shall not enter a confined space at any time:**
- True
  - False
- 45. In order to minimize distractions while driving, the driver should:**
- Adjust seat, mirrors, and climate controls prior to operating the vehicle
  - Only answer the phone while driving if it is an emergency
  - Pull the vehicle over safely to the side of the road before responding to a text
  - (a) and (c) only
- 46. Common daily distractions in the workplace may include: (Circle all that apply)**
- Rushing to complete work
  - Complacency
  - Cell phones
  - Poor housekeeping
- 47. WHMIS provides information to workers about hazardous materials through which of the following method(s)? (Circle all that apply)**
- Supplier & Workplace labels
  - Safety Data Sheets
  - Workplace inspections
  - Worker education & training
- 48. A Safety Data Sheets is available in the workplace to:**
- Assist the purchasing department in buying chemicals
  - Describe workplace policy
  - Provide detailed hazard and safety information about a controlled product
  - None of the above

**49. TASC's must be reviewed:**

- a. At the start of the shift and every 2 hours after
- b. At the end of the shift, after breaks, or when workplace circumstances change
- c. At the start of the shift, after breaks, or when workplace circumstances change
- d. At the start of the shift

**50. Supervisors are responsible for: (Circle all that apply)**

- a. Reviewing the job's expected step(s) with the workers
- b. Provide information on known hazards
- c. Discuss methods to control or eliminate the risks
- d. Review the quality of the completed TASC and provide feedback to workers