

## TEST ANSWERS: DRIVING HAZARDS / WORKPLACE DISTRACTIONS

The *BSO Plus Safety Topic* is a review designed from the BSO Plus agenda. This safety topic is your way to stay current on the safety information over the 3 years between BSO Plus and BSR.

1. Which of the following are significant hazards to drivers, not only on public roads but also on company work sites? (Circle all that apply)

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| a. Hidden intersections                            |
| b. Following too closely                           |
| c. Cyclists driving in areas meant for pedestrians |
| d. Railway crossings                               |

**RATIONALE:** You may come across these hazards while operating any type of vehicle on the job, whether on municipal/provincial roadways or roadways inside plant property. Pay particular attention when approaching these hazards.

2. Vehicle accidents can result in short or long-term physiological injuries.

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| a. True  |
| b. False |

**RATIONALE:** Vehicle accidents can leave drivers and pedestrians with permanent damage such as traumatic brain injuries, whiplash and neck strain, broken bones, sprained/strained muscles, herniated discs, fractured vertebrae, spinal injuries, scrapes and bruises, laceration and fractures, even serious disorders affecting the jaw and serious dental injuries. Motor vehicle accidents involving severe injuries and even loss of life, can result in drivers and passengers suffering short or long-term psychological injuries such as emotional distress, posttraumatic stress disorder, persistent anxiety and depression. These psychological injuries can affect every facet of a person's life and have long-lasting effects.

3. In order to minimize distractions while driving, the driver should:

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|---|
| a. Adjust seat, mirrors, and climate controls prior to operating the vehicle        |
| b. Only answer the phone while driving if it is an emergency                        |
| c. Pull the vehicle over safely to the side of the road before responding to a text |
| d. (a) and (c) only   |

**RATIONALE:** A driver's first responsibility is the safe operation of the vehicle. Engaging in any secondary activity which takes the operator's attention away from driving is deemed unsafe.

**4. Common daily distractions in the workplace may include: (Circle all that apply)**

a. Rushing to complete work
b. Complacency
c. Cell phones
d. Poor housekeeping

**RATIONALE:** Employees are more susceptible to injuries when they focus on finishing on time instead of safety. Complacency can increase distraction because as work becomes mundane, employees can become automatic to the point that they forget doing the work they just completed. Then, when a new hazard emerges during a task, employees may be distracted, and this can lead to injuries. Not all distractions are workplace-related: a bad drive in to work, financial problems or aging parents are all examples of distractions employees may deal with every day. These types of mental distractions can cause workers to miss potential risks that lead to injuries.

**5. Proper housekeeping can be an effective tool for the mitigation of workplace distractions:**

a. True
b. False

**RATIONALE:** Although it may not be possible to completely eliminate distractions, steps can be taken to minimize them and recognize when they occur. Strategies may include effective housekeeping, regularly scheduled breaks, proper PPE, and paying close attention to the task at hand. As with workplace safety in general, the effort to minimize on-the-job distractions is an ongoing one.