

Blood borne Pathogens Review

1. A common blood borne infection that may lead to chronic liver disease is caused by the:
 - a. Hepatitis B virus (HBV).
 - b. Influenza virus (flu).
 - c. Hepatitis C virus (HCV).
 - d. HIV (the virus that causes AIDS).

2. Universal precautions are:
 - a. A system of seven steps to follow when cleaning up machinery following a blood-related incident.
 - b. An approach to infection control that considers all blood and body fluids to be Infectious.
 - c. A method for selecting the appropriate protective equipment prior to a blood borne pathogens incident.
 - d. Careful hand washing along with the use of gloves and masks.

3. Work practice controls:
 - a. Stress thorough hand washing and proper disposal methods.
 - b. Involve the use of retractable needles.
 - c. Eliminate exposure hazards at their source.
 - d. Permit single-use gloves to be reused under certain circumstances.

4. Warning labels must:
 - a. Contain the word "Biohazard" and a detailed description of the hazards of blood borne pathogens.
 - b. Contain the biohazard symbol or the word "Biohazard".
 - c. Contain the biohazard symbol and be printed on fluorescent orange.
 - d. Contain the word "Biohazard" and be printed in fluorescent yellow.

5. The hepatitis B vaccine:
 - a. Must be made available to all employees during the first 10 days of employment.
 - b. Must be provided to Good Samaritans.
 - c. Must be made available to employees who have occupational exposure to blood or body fluids.
 - d. Must be provided to every worker who has an on-the-job injury.

6. The proper steps for cleaning up an accident scene involving blood are:
 - a. Sprinkle absorbent (2) collect with broom and dust pan (3) clean with soap and water (4) allow to air dry.
 - b. Isolate the area (2) mop up with soap and water (3) disinfect.
 - c. Isolate the area (2) use protective equipment (3) scatter and clean up absorbent (4) clean with soap and water (5) disinfect.
 - d. Wear protective equipment (2) sprinkle absorbent (3) mop up with soap and water (4) disinfect.

7. In the industrial setting, the blood borne pathogens standard usually covers:
 - a. All managers and supervisors.
 - b. Maintenance and housekeeping personnel.
 - c. Good Samaritans.
 - d. All of the above.

8. Single use (disposable) gloves can be reused if:
 - a. They are carefully washed and inspected for tears after each use.
 - b. They have not been contaminated or discolored.
 - c. Single use gloves should not be reused.
 - d. They are hypoallergenic and have not been torn.

9. To protect yourself at accident scenes or during clean-up:
 - a. Disinfect items by soaking them in a sink with water and disinfectant.
 - b. Prevent splashing by using a mop to clean-up.
 - c. Don't wear PPE if it restricts your movement in the area.
 - d. Rinse contaminated tools under the faucet.

10. If you cut your hand on a metal shaving, you should dispose of the metal shaving in:
 - a. A leak-proof, puncture-resistant, biohazard container.
 - b. A puncture-resistant 'Used Sharps' container.
 - c. A metal recycling collection container.
 - d. Any available waste container.

Hazard Communication Review

1. The entity(s) that is responsible for maintaining the hazardous chemical inventory is:
 - a. The chemical manufacturer.
 - b. The employer.
 - c. The chemical manufacturer and the employer.
 - d. The person assigned to do the inventory.

2. A chemical is considered hazardous if:
 - a. It presents a physical hazard.
 - b. It presents a health hazard.
 - c. It is listed as such by the Environmental Protection Agency (EPA).
 - d. Either A or B.

3. A health hazard is:
 - a. Either acute or chronic.
 - b. Something that causes an immediate bodily reaction.
 - c. Something that explodes or catches fire.
 - d. None of the above.

4. You can obtain a copy of an MSDS:
 - a. You cannot copy an MSDS, but anyone can ask to see it.
 - b. From your local OSHA office.
 - c. from the chemical manufacturer.
 - d. upon request.

5. Uniform labeling systems:
 - a. Help make hazard identification easier.
 - b. Are required by law.
 - c. Are not mandatory.
 - d. Both A and C.

6. Labels must:
 - a. Clearly identify the chemical name and hazards.
 - b. Be printed in English, although labels in other languages may be added.
 - c. Use words, pictures and/or symbols.
 - d. All of the above.

7. If you handle hazardous chemicals, you should:
 - a. Refrain from eating where the chemical is present.
 - b. Remove jewelry.
 - c. Use proper personal protective equipment.
 - d. All of the above

8. A physical hazard of a chemical is:
- a. Something that causes an immediate, but short term reaction.
 - b. Something that causes a bodily reaction.
 - c. Something that explodes or catches fire.
 - d. Something that causes either long-term or short-term effects.
9. Chemical hazards are classified as:
- a. Toxic or highly toxic hazards.
 - b. Short term or long term hazards.
 - c. Physical or health hazards.
 - d. Acute or chronic hazards.
10. Material safety data sheets must be shipped:
- a. With the initial shipment or at the same time as the chemical. .
 - b. With the first shipment of a chemical after an MSDS is updated.
 - c. With each chemical shipment.
 - d. Both A and B.

Lifting Review

1. You can size up a load before you lift it by:
 - a. Carrying the load to a scale to weigh it.
 - b. Asking someone else if they think it is too heavy for you to lift.
 - c. Testing the weight by moving one of the corners.
 - d. None of the above.

2. Relatively minor strains over time or repeated injuries:
 - a. Heal rapidly.
 - b. Can accumulate to result in a more serious injury.
 - c. Strengthen the back muscles.
 - d. Both a and c.

3. If you must stand for long periods of time:
 - a. Keep your weight evenly balanced.
 - b. Change foot positions often.
 - c. Avoid leaning to one side.
 - d. All of the above.

4. Bend your knees when you pick up and set down a load:
 - a. To keep the load as low as possible.
 - b. To keep from dropping the load on your feet if it is too heavy.
 - c. To allow your stronger leg muscles to do the work.
 - d. To get the best grip with your hands.

5. Tips for planning ahead could include:
 - a. Making sure your path is free of obstacles before you carry a load.
 - b. Putting objects on racks or pallets when they go into storage so they will be easier to pick up later.
 - c. Breaking up heavy loads into smaller parts if you can.
 - d. All of the above.

6. the most common types of back injuries are:
 - a. Strains and sprains.
 - b. Chronic tension or stress.
 - c. Kidney problems.
 - d. Ruptured disks.

7. Injuries from overexertion in lifting during 1999 represented about____% of All occupational injuries:
 - a. 25%.
 - b. 15%.
 - c. 50%.
 - d. 30%.

8. Other factors that can contribute to back pain include:
- a. Poor posture.
 - b. Poor physical condition.
 - c. Repetitive trauma.
 - d. All of the above.
9. For jobs that require long hours of standing or sitting, you should do all of the following EXCEPT:
- a. Get up and stretch frequently.
 - b. Keep your feet in the same position at all times.
 - c. Keep your weight evenly balanced when standing.
 - d. Avoid leaning to one side.
10. This back problem can result in muscle spasms and aggravate persistent and painful backache:
- a. Strains and sprains.
 - b. Slipped disk.
 - c. Ruptured disk.
 - d. Chronic tension and stress.