



### Building Project Safety Orientation Quiz

Circle the best answer provided. Please hand this completed quiz in to the Habitat for Humanity Chatham-Kent office.

- 1) The best condition in which to arrive at the building project is:
  - a) tired, unwilling and sick
  - b) rested, eager and healthy
  - c) grumpy, sneezy and dopey
  
- 2) Wear the required PPE - which stands for:
  - a) Protective Property Enforcer
  - b) Personal Prophecy Explainer
  - c) Personal Protective Equipment
  
- 3) Hard hats, safety glasses, and ear plugs are provided. In addition, volunteers are required to wear their own:
  - a) NBA certified high-tops
  - b) CSA certified, steel-toed footwear
  - c) MLB certified cleats
  
- 4) You will be required to wear \_\_\_\_\_ to avoid more serious injury to your legs. No shorts allowed!
  - a) Hip Waders
  - b) Long pants
  - c) Chaps
  
- 5) If you've never used a power tool before, demand \_\_\_\_\_.
  - a) A refund
  - b) To see your lawyer
  - c) Some training
  
- 6) When using power tools, where your proper PPE, make sure the tool is in good working order and ensure that the \_\_\_\_\_ are in place.
  - a) safety guards
  - b) security guards
  - c) prison guards
  
- 7) \_\_\_\_\_ is usually the cause of injury from hand tools; please be careful.
  - a) Fawlty towers
  - b) Over-supervision
  - c) Operator error



- 8) When using an extension ladder, be sure its feet are on a firm and level \_\_\_\_\_, that the ladder is placed at an appropriate \_\_\_\_\_, the ladder is \_\_\_\_\_ and ensure that the top extends at least \_\_\_\_\_ beyond the landing.
- a) surface, weight, broken, 3 meters
  - b) surface, angle, tied off, 3 feet
  - c) surface, language, long enough, 3 inches
- 9) While climbing an extension ladder, maintain \_\_\_\_\_.
- a) altitude and airspeed
  - b) 2-point conversion
  - c) 3-point contact
- 10) When using a step ladder, ensure the spreaders are fully extended and remember not to \_\_\_\_\_.
- a) climb or stand on the top two steps
  - b) climb or stand on the first two steps
  - c) climb or stand on the middle two steps
- 11) Falls account for more than half of construction injuries or fatalities. Ensure \_\_\_\_\_ are installed on stairways and landings, \_\_\_\_\_ and \_\_\_\_\_ floor openings, and wear required \_\_\_\_\_.
- a) safety boots, cut, paste, sunscreen
  - b) carpets, lengthen, widen, uniform
  - c) guardrails, cover, mark, fall protection equipment
  - d) spikes, jump in, out of, driving gloves
- 12) Proper “house-keeping” is important. One way to reduce hazards is to keep your workspace free from \_\_\_\_\_.
- a) fun and excitement
  - a) clutter and debris
  - b) cowboys and aliens
  - c) death and taxes
- 13) Watch for hazards that may cause \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. Correct the hazard immediately.
- a) leaps, hops, jumps
  - b) slips, trips, falls
  - c) walks, runs, sprints
  - d) jump, jive, wail
- 14) Take the weight on your \_\_\_\_\_ when lifting objects, not your back. Know proper lifting techniques.



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- a) Spine  
b) Neck  
c) Legs  
d) Toes
- 15) Before moving objects, remove \_\_\_\_\_ from your path.
- a) Workers  
b) Hazards  
c) Obstacles  
d) All of the above
- 16) When working around construction vehicles and equipment like bulldozers, forklifts, backhoes, skid steers, etc., you should:
- a) stand where visible to the operator and maintain eye contact  
b) avoid standing in an area where a crane or bucket can swing  
c) never stand under a raised load, bucket or blade  
d) all of the above
- 17) If you suffer an injury, no matter how small, get \_\_\_\_\_ and report it to your \_\_\_\_\_.
- a) crazy, partner  
b) home, personal journal  
c) first aid, site supervisor  
d) angry, MPP
- 18) Some people don't take the proper precautions when working on hot, sunny days and \_\_\_\_\_ run the risk of suffering heat stroke or heat exhaustion. Be able to recognize the signs \_\_\_\_\_ of these conditions:
- a) erratic behaviour and confusion  
b) dizziness and headache  
c) fatigue and dehydration  
d) all of the above
- 19) To avoid the possibility of heat stroke or heat exhaustion and other negative effects of \_\_\_\_\_ working in the sun you should:
- a) drink lots of water and take regular rest breaks in the shade  
b) wear dark clothing in plenty of layers  
c) apply sunscreen to exposed skin  
d) both a) and c) above
- 20) There is no intention or expectation to complete the building project in one week or \_\_\_\_\_ even one month for that matter. This home is being constructed with

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the help of community volunteers and some hired help. The project will take a few months, so please work at a \_\_\_\_\_ and \_\_\_\_\_ pace.

- a) frantic, break-neck
- b) slow, crawling
- c) inconsistent, nervous
- d) steady, relaxed

*Thanks for volunteering! Please work smart and be safe.*

\_\_\_\_\_  
*Please Print Your Name*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Signature*