

Completion Test Answer Key

1. Why are young people more likely to be injured on the job than other groups of workers?

- They receive little or no safety training or supervision.
- They are reluctant to ask questions for fear of appearing stupid.
- They are assigned physically demanding or dangerous tasks.
- They have to use equipment or machinery designed for adults.
- They are unaware of their rights and responsibilities.
- **All of the above**

[1 mark]

2. Which of the following is **not** true?

- Young workers are at the greatest risk of getting injured during their first six months on the job.
- **Young women are more likely to be injured on the job than any other group of workers.**
- Injuries on the job can include short- and long-term disability, disfigurement, dismemberment, or death.
- Each day in British Columbia, 34 young workers are hurt on the job.

[1 mark]

3. What can you do to ensure your own safety as well as the safety of your co-workers?

- Ignore safe procedures and encourage others to do so.
- Expect your employer to teach you your workplace health and safety rights and responsibilities.
- Never ask questions if you are uncertain about anything.
- **Refuse work if you believe the task or conditions are unsafe.**

[1 mark]

4. Which of the following is **not** one of your rights as a worker?

- To be provided with equipment and safety gear required to do the job safely.
- **To leave work at any time.**
- To participate in workplace health and safety committees and activities
- To receive supervision to make sure you work without putting yourself at undue risk

[1 mark]

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5. Which of the following is **not** your responsibility as a worker?

- To immediately correct unsafe conditions or report them right away to your supervisor.
- To tell your supervisor of any physical or mental conditions that may make you unable to work safely.
- **To ensure that your co-workers are properly trained.**
- To know how to handle any hazardous materials or chemicals you use on the job.

[1 mark]

6. When is it appropriate to refuse to do unsafe work?

- When you have already completed assigned tasks.
- **When you have reasonable cause to believe that to do so would create an undue hazard to the health and safety of any person.**
- When you have not yet discussed a hazardous situation with your supervisor or employer.
- When your co-worker tells you to.

[1 mark]

7. What are the three main causes for the high rate of young worker injuries?

- Lack of supervision or training
- Minimal knowledge of rights and responsibilities
- Lack of experience in recognizing hazardous situations

[3 marks]

8. What are the top seven dangers for young workers in British Columbia?

- Lifting objects as retail clerks, shipper-receivers, labourers, material handlers
- Working on ladders, stairs, scaffolding, other raised areas
- Using knives in food service, retail sales, supermarkets
- Working with hot substances or equipment in restaurants
- Driving or riding in vehicles and operating or working near mobile equipment
- Operating food slicers in restaurants, supermarkets
- Working near running equipment or machinery in a variety of jobs

[7 marks]

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9. Name four categories of workplace hazards.

- Physical
- Chemical
- Ergonomic
- Biological

[4 marks]

10. Identify three key steps that can be used to control a hazard.

- See it. (Recognition)
- Think it. (Evaluation)
- Do it. (Control)

[3 marks]

11. List 5 of the most common causes of injuries for young workers.

- Slips, trips, falls
- Heavy, awkward lifting
- Improper use of equipment
- Faulty equipment
- Improper storage or use of chemicals
- Being hit by falling objects, bumping into objects
- Not using personal protective clothes and equipment

[5 marks]

12. Identify at least one piece of personal protective equipment (PPE) for each of the following body parts.

- Eyes: **safety goggles**
- Hands: **safety gloves**
- Lungs: **dust mask**
- Feet: **steel-toed boots**
- Ears: **earplugs**
- Head: **hardhat**

[6 marks]

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13. Describe four things you can do to make your worksite a safe place to work.

- Follow all safety procedures and rules.
- Ensure you have adequate and proper training.
- Ask for assistance if required.
- Use the “See it, Think it, Do it” strategy at the worksite.

[4 marks]

14. Name six types of workplace health risks of most concern for young workers.

- Musculoskeletal injuries (e.g., back injuries, repetitive strain injuries)
- Heat stress
- Sun exposure
- Noise exposure
- Mineral and chemical hazards (e.g., lead, asbestos, cleaning agents, pesticides)
- Exposure to biological hazards (e.g., HIV, hepatitis, hantavirus, West Nile virus).

[6 marks]

15. Name two early signs of heat stress.

- feeling unwell, headache, nausea
- decreased efficiency, co-ordination, and alertness
- increased irritability
- light-headedness or dizziness
- fainting
- swelling of hands, feet, and ankles, usually one to two days after first exposure.

[2 marks]

16. List two ways in which you can reduce your exposure to sun.

- By reducing your exposure to the sun between 11:00 a.m. and 4:00 p.m. when harmful UVA and UVB radiation is most intense.
- By wearing sunglasses with 100% UVB protection.
- By wearing clothing with long sleeves and long pants.
- By wearing a hat.
- By using broad spectrum sunscreen with SPF 15 (Sun Protection Factor) or higher.
- By using sun protection even on cloudy days.

[2 marks]

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17. Workers in all industries can suffer a musculoskeletal injury from what physical demands?

- Forceful exertions, awkward postures, repetitive actions

[1 mark]

18. Which of the following statements are true?

- Hearing loss can occur so gradually that you may not realize it is happening.
- Noise-induced hearing loss is permanent.
- A noise level greater than 85 decibels (dBA) averaged over eight hours can damage your hearing.
- Continuous noise throughout a shift is more damaging than a few minutes at a time.
- **All of the above.**

[1 mark]

Marks: _____ /50

Bonus Questions

19. Name three ways in which workers can be exposed to infected blood and body fluids at work.

- Puncturing their skin with sharp objects contaminated with infected blood and body fluids.
- Splashing infected blood and body fluids into their mucous membranes.
- Splashing infected blood and body fluids on non-intact skin.

[3 bonus marks]

20. Name two of the primary mineral and chemical hazards in the workplace.

- asbestos
- lead
- dust
- detergents and cleaning products
- pesticides

[2 bonus marks]

Total Bonus Marks: _____ /5