

POST TEST

GOOGLE FORM CHECKING NA ETO

1. The control of hazards and accidents in the workplace is called safety. **TRUE**
2. The minimum oxygen level needed to sustain combustion (in a fire) is 15%. **FALSE**
3. Frequency, loudness, and duration are characteristics of sound. **TRUE**
4. The mismatch between the worker and his work is an example of ergonomic hazard. **TRUE**
5. Personal Protective Equipment or PPE is the last resort in the control of hazard. **TRUE**
6. Accident Investigation is undertaken to identify hazardous conditions and actions before they result in accidents. **FALSE**
7. The standard height of guardrail of a scaffold is 2 meters. **FALSE**
8. The attendant is the person who enters a confined space. **FALSE**
9. When the height or fall is over 2.0 m or 6 feet, a use of safety belt is required. **FALSE**
10. The guide for an inspection report is called checklist. **TRUE**

MANUAL CHECKING

11. It is large enough and so configured that an employee can enter bodily and perform work; not designed for continuous human occupancy. **CONFINED SPACE**
12. It refers to the person who enters a confined space. **ENTRANT**
13. It is an unwanted sound under the Physical Hazard. **NOISE**
14. It refers to a condition when oxygen is present in concentrations less than 19.5% the atmosphere. **OXYGEN DEFICIENCY**
15. These are unsafe acts and conditions, which if not corrected, may contribute to the occurrence of an accident. **HAZARD**

16. It provides protective barrier between the worker and the hazard. [PPE](#)
17. It is the result of the chemical combination of combustible materials with oxygen in the presence of enough heat. [FIRE](#)
18. It is the Guidelines Governing Occupational Safety and Health in the Construction Industry. [D.O. 13](#)
19. This is conducted to identify the root cause of the accident so that similar accidents can be prevented from happening again. [ACCIDENT INVESTIGATION](#)
20. It refers to adaily meeting among workers and their respective supervisors for the purpose of instructions, discussion and proper briefing on the planned work, the assessment of past work, the possibility or actual occurrence of accidents at the site, tips and suggestions on how to prevent possible accidents and other related matters. [TOOLBOX MEETING](#)

GOOGLE FORM CHECKING NA ETO

1. This shall be required when the height or fall is over 2.0 m or 6 feet, a use of. *
- Safety Belt
PPE/Personal Protective Equipment
[Fall Arrest System](#)
2. The unit of the flow of electricity or current. *
- [Amperes](#)
Ohm
Volt
3. In demolition, these shall be demolished last. *
- Windows
[Stairs](#)
Doors
4. This PPE or Personal Protective Equipment shall be used by the worker if he is exposed to falling objects hazard. *
- Safety Belt
[Hard Hat](#)
Toe board
5. It is the standard height of guardrail of a scaffold in meter. *
- [1.00](#)
0.90
1.20

6. It is used as protection for materials and tools in a scaffold. *

Toe Board

Hazard

Planking

7. The employer's principal assistant and consultant in the application of programs to remove the hazards from the workplace and to correct unsafe work practices. *

Supervisor

Employee

Safety Man

8. The least number of exits in every floor and basement of every workplace capable of clearing the work area in five (5) minutes. *

1

2

3

9. Extinguisher having group weight not exceeding 18 kilograms shall be installed so that the top is not more than ? meter above the floor. *

0.5

1

1.5

10. Class of fire referring to flammable liquids, gases, and greases. *

A

B

C

D

MANUAL CHECKING

Four (4) Elements of Fire Tetrahedron (4 points)

Fuel

Oxygen

Heat

Chemical Chain Reaction

Causes of Accident (2 points)

Unsafe Act

Unsafe Condition

Types of Hazard (4 points)

Physical

Chemical

Biological

Ergonomics

Hierarchy of Controls of Hazards (3 points)

Engineering

Administrative

PPE

Classes of Fire and its Description (4 points)

Class A - Ordinary combustible material

Class B - Flammable liquids

Class C – electrical

Class D. - Combustible Metals

Steps in Preventing Accidents / Illnesses (3 points)

Identify

Evaluate

Control

MANUAL CHECKING

1. Provide at least five (5) Rules of the Philippine Occupational Safety & Health Standards or at least five (5) Sections of Department Order No. 13 (Guidelines Governing OSH in the Construction Industry). Describe briefly.

2. Provide at least five (5) commonly used PPEs in the construction site. Explain importance of each to the worker. 5 points

RE-ENTRY ACTION PLAN

1. What have you learned from the training, which is of immediate application/ importance to your organization? *

Safety Programs you will initiate within your organization upon your return to work?

Specific safety concern(s) or hazard(s) to be addressed *

Detailed Action Plan/Program (Engineering, Administrative, PPE) *

Date of Implementation *

By Whom (Responsible person/Department

Things to do for eligibility as Safety Officer 3 *