

Practicing COVID-19 Preventive Measures in the Workplace

Question 1

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Fever, dry cough, and difficulty in breathing are symptoms that needs immediate attention. Rushing the patient to the hospital is the best option after contacting the nearest hospital to get them ready to accept the patient upon arrival.

Select one:

True

False

Question 2

Partially correct

Mark 2.00 out of 3.00

Flag question

Question text

Symptoms of COVID-19 infection. Choose three (3).

Select one or more:

a.

Insomnia



b.

Loss of hearing



c.

Loss of taste



d.

Diarrhea



e.

Dry Cough

Feedback

Your answer is partially correct.

You have correctly selected 2.

Question 3

Correct

Mark 1.00 out of 1.00

Flag question

Question text

In social distancing, the recommended minimum distance of persons from each other is

Select one:



1 meter



1 foot



0.5 meters



6 feet

Feedback

Your answer is correct.

Question 4

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Respiratory etiquette means proper coughing and sneezing, covering your mouth and nose.
Select one:



True



False

Question 5

Correct

Mark 1.00 out of 1.00

Flag question

Question text

The safest means of transportation during the pandemic is:
Select one:



a.

Jeepney



b.

Train



c.

Bus



d.

Bicycle

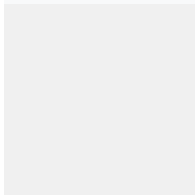
Feedback

Your answer is correct.

Question 6

Correct

Mark 1.00 out of 1.00



Flag question

Question text

People who are asymptomatic cannot infect others.

Select one:



True



False

Question 7

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Flexible learning, inclusive of online and blended learning, can be implemented to practice social distancing in training centers.

Select one:

True

False

Question 8

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Proper handwashing with soap and water must be done at all times.

Select one:

True

False

Question 9

Correct

Mark 1.00 out of 1.00

Flag question

Question text

A new strain of coronavirus that has not been previously identified in humans is called _____ coronavirus.

Select one:



nouveau



night



novel



new

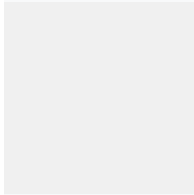
Feedback

Your answer is correct.

Question 10

Correct

Mark 1.00 out of 1.00



Flag question

Question text

The World Health Organization (WHO) announced that the novel disease is officially called Coronavirus Disease or COVID-19 on:

Select one:



a.

February 12, 2020



b.

February 14, 2020



c.

December 12, 2019



d.

December 14, 2019

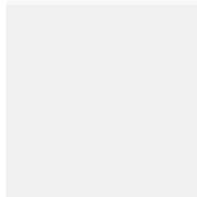
Feedback

Your answer is correct.

Question 11

Correct

Mark 1.00 out of 1.00



Flag question

Question text

The following work arrangements may be adopted until the state of calamity is lifted, EXCEPT:

Select one:



a.

Work from home



b.

Leave with pay



c.

Skeleton workforce



d.

Compressed work week

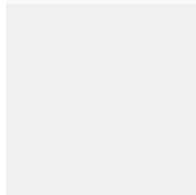
Feedback

Your answer is correct.

Question 12

Correct

Mark 1.00 out of 1.00



Flag question

Question text

Upon return from work, it is advisable to greet and hug the family members at home.

Select one:



True

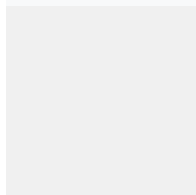


False

Question 13

Correct

Mark 2.00 out of 2.00



Flag question

Question text

Salient points in the TESDA Guidelines in the conduct of training and work in the new normal. Choose two (2).

Select one or more:

a.

Rapid antibody testing

b.

No Mask, No Entry Policy

c.

Wearing of full-body PPEs

d.

14-Day Self-isolation

e.

No contact-thermal scanning

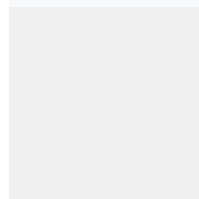
Feedback

Your answer is correct.

Question 14

Correct

Mark 1.00 out of 1.00



Flag question

Question text

In case where soap and water are absent, the _____ can be used to disinfect the hands:

Select one:



a.

Fabric conditioner



b.

Cooking oil



c.

Bleach



d.

Alcohol or alcohol-based sanitizer

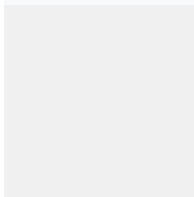
Feedback

Your answer is correct.

Question 15

Correct

Mark 1.00 out of 1.00



Flag question

Question text

Negative and depressing news can cause anxiety and anger leading to mental health issues.

Select one:



True

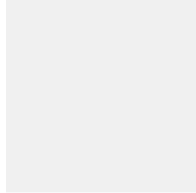


False

Question 16

Correct

Mark 1.00 out of 1.00



Flag question

Question text

The following are immunity-boosting practices, EXCEPT:

Select one:



a.

Taking vitamins



b.

Exercise at least 60 minutes a day



c.

Sleeping 6-8 hours a day



d.

Eating junk foods

Feedback

Your answer is correct.

Question 17

Correct

Mark 10.00 out of 10.00

Flag question

Question text

Matching type.

Recommended time for proper handwashing (in seconds)

Answer 1

20

Doing chores at set times

Answer 2

Establishing a routine

An agency that provides direction, policies, programs and standards towards quality technical education and skills development

Answer 3

TESDA

A working arrangement where employees are confined in their homes while using ICT in accomplishing their tasks and interacting with workmates

Answer 4

Work From Home

Supplement the health of people

Answer 5

Vitamins

The recommended concentration of alcohol (percentage)

Answer 6

70

An infectious disease caused by SARS CoV 2

Answer 7

COVID-19

An institution which has a primary role of directing and coordinating international health within the UN System.

Answer 8

WHO

Cases of COVID-19 were first detected in this city in China

Answer 9

Wuhan

Appreciating what you have and counting blessings

Answer 10

Staying at the present

Feedback

Your answer is correct.

Question 18

Incorrect

Mark 0.00 out of 1.00

Flag question

Question text

COVID-19 is LEAST transmitted through:

Select one:



a.

droplets left on surfaces



b.

droplets left on air



c.

Droplets after sneezing and coughing



d.

droplets after Spitting

Feedback

Your answer is incorrect.

Question 19

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Wearing face masks provides maximum protection against COVID-19.

Select one:

True

False

Question 20

Correct

Mark 1.00 out of 1.00

Flag question

Question text

The Philippine government agency that is tasked to monitor the status of Covid-19 in terms of number of positive case, recoveries and deaths.

Select one:

Department of Science and Technology

Department of Interior and Local Government

Department of Trade and Industry

Department of Health

Feedback

Your answer is correct.

Question 21

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Extreme heat used in cooking food kills the virus.

Select one:

True

False

Question 22

Incorrect

Mark 0.00 out of 1.00

Flag question

Question text

The following persons are most vulnerable to the infection, EXCEPT:

Select one:

a.

With Comorbidities

b.

At least 21 years of age without illness



c.

Pregnant



d.

Senior Citizens

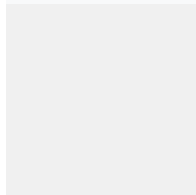
Feedback

Your answer is incorrect.

Question 23

Correct

Mark 1.00 out of 1.00



Flag question

Question text

People are social beings; they need to spend at least 8 hours in social media.

Select one:



True



False

Performing Solid Waste Management in the Workplace

Question 1

Correct

Mark 1.00 out of 1.00

Flag question

Question text

This refers to the kind of composting that uses worms and aerated container to turn your leftovers and yard waste into organic rich dark soil that is ideal for garden-use.

Select one:



a.

None of the above



b.

Tower Tires



c.

Vermicomposting



d.

Half Drum Composting

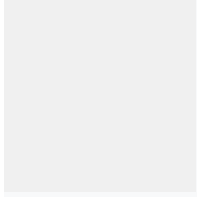
Feedback

Your answer is correct.

Question 2

Correct

Mark 1.00 out of 1.00



Flag question

Question text

The following are recyclable waste EXCEPT:

Select one:



a.

Glass jars



b.

Old newspaper and cardboard



c.

Used paper or plastic cups



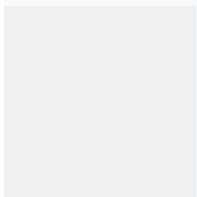
d.

Discarded tin cans

Question 3

Correct

Mark 1.00 out of 1.00



Flag question

Question text

These are wastes from establishments and residences in a community?

Select one:



a.

Institutional



b.

Domestic



c.

Industrial



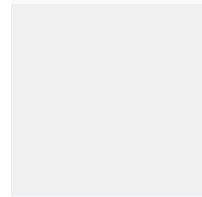
d.

Agricultural

Question 4

Correct

Mark 1.00 out of 1.00



Flag question

Question text

Hotels and restaurants are examples of _____ waste sources.

Select one:



a.

Industrial



b.

Commercial



c.

Institutional



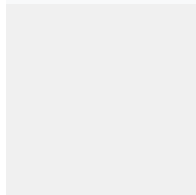
d.

Residential

Question 5

Correct

Mark 1.00 out of 1.00



Flag question

Question text

The following should be done by households with persons infected/ suspected of having communicable diseases EXCEPT:

Select one:



a.

Bury medical wastes and let them turn into compost.



b.

Disinfect medical wastes and reuse to minimize waste.



c.

Treat and label medical wastes as infectious/ hazardous.



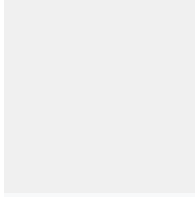
d.

Burn medical wastes to avoid cross-contamination.

Question 6

Correct

Mark 1.00 out of 1.00



Flag question

Question text

Which of the following is NOT a part of the 3Rs of Waste Management?

Select one:



a.

Recycle



b.

Reuse



c.

Reduce



d.

Refuse

Question 7

Correct

Mark 1.00 out of 1.00

Flag question

Question text

This environmental regulation requires an Environmental Compliance Certificate (ECC) for private and public development projects:

Select one:



a.

Climate Change Act of 2009



b.

Philippine Environmental Impact System



c.

Ecological Solid Waste Management Act of 2000



d.

Green Public Procurement

Question 8

Correct

Mark 1.00 out of 1.00

Flag question

Question text

This is the comprehensive record of the established system and procedures for waste segregation, collection and disposal.

Select one:



a.

Waste Disposal System



b.

Waste Segregation System



c.

Waste Management Plan



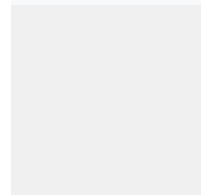
d.

Solid Waste Management Systems

Question 9

Correct

Mark 1.00 out of 1.00



Flag question

Question text

These are non-recyclable waste that usually end up in sanitary landfills.

Select one:



a.

Recyclable



b.

Residual Waste with Potential for Recycling



c.

Residual Waste for Disposal



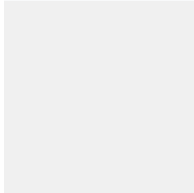
d.

Biodegradables

Question 10

Correct

Mark 1.00 out of 1.00



Flag question

Question text

This type of waste can be turned into soil enhancers or conditioners.

Select one:



a.

Residual



b.

Biodegradable



c.

Non-biodegradable



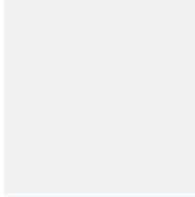
d.

Recyclable

Question 11

Correct

Mark 1.00 out of 1.00



Flag question

Question text

This details the responsibilities of Local Government Units (LGUs) in implementing systems for mandatory waste segregation and establishing waste management facilities:

Select one:



a.

Philippine Environmental Impact System



b.

Toxic Substances and Hazardous and Nuclear Wastes Control Act



c.

Climate Change Act of 2009



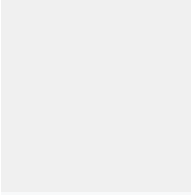
d.

Ecological Solid Waste Management Act of 2000

Question 12

Correct

Mark 1.00 out of 1.00

 Flag question

Question text

Spent aerosol and spray containers are examples of:

Select one:



a.

Recyclable Waste



b.

Residual Waste



c.

Biodegradable Waste



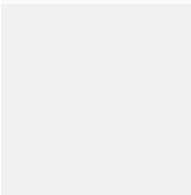
d.

Special Waste

Question 13

Correct

Mark 1.00 out of 1.00

 Flag question

Question text

What do you call the natural process of decomposing organic waste with the help of different microorganisms such as bacteria and fungi?

Select one:



a.

Composting



b.

Recycling



c.

Reduction



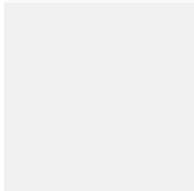
d.

Minimization

Question 14

Correct

Mark 1.00 out of 1.00



Flag question

Question text

Which of the following is the law providing comprehensive water pollution control policy intending to apply water quality management in all water bodies combating pollution from land-based source?

Select one:



a.

RA 9003: Philippine Ecological Solid Waste Management Act (PESWMA) of 2000



b.

RA 9275: Philippine Clean Water Act of 2004



c.

PD 1067: Water Code of the Philippines



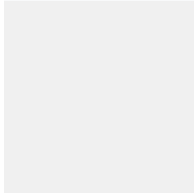
d.

Presidential Decree (PD) 1586: Philippine Environmental Impact Statement System (PEIS)

Question 15

Correct

Mark 1.00 out of 1.00



Flag question

Question text

What is waste management?

Select one:



a.

It is the practice of classifying wastes for the purpose of recycling, reusing and reducing the waste to be disposed of.



b.

It is the cornerstone of most waste minimization strategies.



c.

It is the collection, transport, processing and disposal of waste to reduce its harmful effects to the environment.



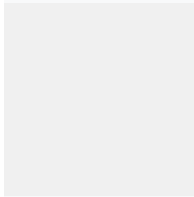
d.

It is a set of policies and procedures involving the cost-effective and safe handling of each type of waste.

Question 16

Correct

Mark 1.00 out of 1.00



Flag question

Question text

This refers to the practice of separating solid waste materials in the households, workplaces and communities.

Select one:



a.

Source Segregation



b.

Waste Separation



c.

Waste Segregation



d.

Source Separation

Question 17

Correct

Mark 1.00 out of 1.00

Flag question

Question text

This component of a waste management plan defines a set of policies and procedures involving cost-effective and safe-handling of each type of waste.

Select one:



a.

Waste Management Plan



b.

Ecological Waste Management



c.

Waste Segregation System



d.

Waste Disposal System

Question 18

Correct

Mark 1.00 out of 1.00

Flag question

Question text

This requires the submission of an ECC before development projects in environmentally-critical areas can proceed.

Select one:



a.

Philippine Environmental Impact System



b.

Climate Change Act of 2009



c.

Ecological Solid Waste Management Act of 2000



d.

Philippine Clean Air Act of 1999

Question 19

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Hazardous waste must be properly segregated and referred to a _____.

Select one:



a.

Sanitary land fill



b.

Open dump sites



c.

Treatment, storage and disposal facility



d.

Materials recovery facility

Question 20

Correct

Mark 1.00 out of 1.00

[Flag question](#)

Question text

This agency is mainly responsible for the conservation, management, development and proper use of our natural resources:

Select one:



a.

Department of Agriculture



b.

Department of Environment and Natural Resources



c.

Environmental Management Bureau



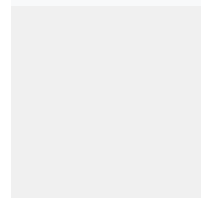
d.

National Environmental Protection Council

Question 21

Correct

Mark 1.00 out of 1.00



Flag question

Question text

Residual wastes should be:

Select one:



a.

Properly segregated for collection and disposal



b.

Wrapped tightly and labeled as hazardous waste



c.

Processed and turned into compost



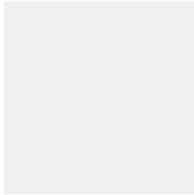
d.

Cleaned and converted for another use

Question 22

Correct

Mark 1.00 out of 1.00



Flag question

Question text

Arrange the levels of Waste Hierarchy from the most to the least favorable. (1) Disposal (2) Recycling (3) Treatment

Select one:



a.

2,1 and 3



b.

1,2 and 3



c.

2,3 and 1



d.

3,2 and 1

Question 23

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Used paper cups should be discarded in bins of which color?

Select one:



a.

Blue



b.

Green



c.

Red



d.

Black

Question 24

Correct

Mark 1.00 out of 1.00

Flag question

Question text

This refers to a waste management activity that focuses on the treatment of waste to turn them into products for other use or to make them raw materials for the production of another product.

Select one:



a.

Recycle



b.

Reduce



c.

Recover



d.

Reuse

Question 25

Correct

Mark 1.00 out of 1.00

[Flag question](#)

Question text

This type of waste includes hazardous, medical and bulky waste.

Select one:



a.

Infectious Waste



b.

Special Waste



c.

Residual Waste



d.

Agricultural Waste

Question 26

Correct

Mark 1.00 out of 1.00

Flag question

Question text

The following are compostable wastes EXCEPT:

Select one:



a.

Soiled or wet paper or wood



b.

Dried leaves and weeds



c.

Fallen branches and twigs



d.

Old newspaper and paper cups

Question 27

Correct

Mark 1.00 out of 1.00

Flag question

Question text

During the COVID-19 Pandemic, which of the following can you do to help minimize waste?

Select one:



a.

Use surgical gloves frequently.



b.

Avoid using cloth masks and use surgical masks instead.



c.

Burn potentially infectious waste



d.

Use reusable and washable face masks, when possible.

Question 28

Correct

Mark 1.00 out of 1.00

Flag question

Question text

This is the practice of minimizing the amount of waste that an individual generates.

Select one:



a.

Reuse



b.

Reduce



c.

None of the above.



d.

Recycle

Question 29

Correct

Mark 1.00 out of 1.00

Flag question

Question text

Recycling waste falls under which functional element of Ecological Solid Waste Management?

Select one:



a.

Generation



b.

Collection



c.

Storage



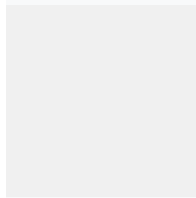
d.

Processing

Question 30

Correct

Mark 1.00 out of 1.00



Flag question

Question text

Water bottles and glass containers should be discarded in bins of which color?

Select one:



a.

Red



b.

Green



c.

Yellow



d.

Blue