



BASIC OCCUPATIONAL SAFETY AND HEALTH (BOSH) Post Test

NAME : EMMANUEL LEAD A. MARANAN
DATE : MARCH 12, 2021

SCORE: _____ / 60

I. FILL OUT THE BLANKS: (see hints on second page)

1. RISK ASSESSMENT is the control of hazards to attain an acceptable level of risk.
2. MOTIVATION is the willingness of the worker to expend energy to achieve a goal or a reward.
3. HEALTH AND SAFETY COMMITTEE is a body of persons representing management and the laboring group, which is in charged with the development, implementation and maintenance of safety and accident prevention measures in the work area.
4. INSPECTION identifies hazardous conditions and actions before they result in accidents.
5. OCCUPATIONAL HEALTH is the promotion & maintenance of the highest degree of physical, mental and social well-being of workers in all occupations.
6. NOISE is a harmful, unwanted sound under the Physical Hazard.
7. ACCIDENT is usually the result of contact of man with a source of energy above the threshold limit of the body or structure.
8. HAZARD are unsafe acts and conditions, if not corrected, may contribute to the occurrence of an accident.
9. PPE provides protective barrier between the worker and the hazard.
10. COMMUNICATION is what we do to give and get understanding.
11. FIRE is the result of the chemical combination of combustible materials with oxygen in the presence of enough heat.
12. FIRST AID is an immediate care given to a victim who have been injured or suddenly taken ill.
13. INCIDENT OR ACCIDENT INVESTIGATION identifies the root cause of the accident so that similar accidents can be prevented from happening again.
14. NEAR MISS is an undesired event, which, under slight different circumstances, could have resulted in harm to people, damage to property or loss to process.
15. ACCIDENT is a chance of physical or personal loss.
16. SUPERVISOR is the key management communicator for his group; he has the closest, most frequent contact with the workers.
17. CLASS B is a class of fire that involved flammable liquids.
18. UNSAFE ACT is act of violation against safe procedure or standards.
19. LOCK OUT is blocking the flow of energy from the power source to the equipment and keeping it blocked out.
20. TAG OUT means placing a tag on the power source to warn co-workers and others not to turn the power ON.

II. ENUMERATION:

Enumerate the 4 elements of fire tetrahedron:

- | | | |
|-----------------------------|-------------------|---------------------|
| Occupational Health Hazards | HEAT | Industrial Hygiene |
| Motivation | OXYGEN | Safety |
| 40 Hours | FUEL | 40 Hours |
| Unsafe Act | CHEMICAL REACTION | Unsafe Act |
| Class A | Class B | Class A |
| Communication | Class C | Communication |
| Class E | Class D | Class E |
| Behavior | Class E | Behavior |
| First Aid | Class E | First Aid |
| Engineering Control | Class E | Engineering Control |
| Evaluate | Class E | Evaluate |
| Rule 1030 | Class E | Rule 1030 |

Types of Occupational Health Hazards:

- | | |
|----------------------------|------------------|
| 27. _PHYSICAL | Incident |
| 28. _CHEMICAL | Fire |
| 29. BIOLOGICAL | Supervisor |
| 30. ERGONOMIC | Unsafe Condition |
| Control of Hazard | Lockout |
| Class D | Safety Committee |
| Class E | Class D |
| 31. ENGINEERING CONTROL | Class E |
| 32. ADMINISTRATIVE CONTROL | Class E |
| 33. PPE | MSDS |
| Identify | PPE |
| Rule 1050 | Identify |
| | Rule 1050 |

Causes of Accidents:

- | | |
|------------------------|------------------------|
| 25. UNSAFE ACT | Accident |
| 26. UNSAFE CONDITION | Chemical Reaction |
| Oxygen | Oxygen |
| Accident Investigation | Accident Investigation |
| Risk | Risk |

Steps in Job Hazard Analysis (JHA):

- | | |
|-------------------------------|-------------------------------------|
| 38. IDENTIFY HAZARD | Steps in Job Hazard Analysis (JHA): |
| 39. RISK ANALYSIS/ EVALUATION | 38. IDENTIFY HAZARD |
| 40. PROPOSED CONTROL MEASURE | 39. RISK ANALYSIS/ EVALUATION |

III. TRUE OR FALSE: Write T if the statement is True or F if its False

41. ___T___ The presence of unsafe acts and conditions in a workplace automatically turns into accidents.
42. ___F___ The minimum oxygen level needed to sustain combustion (fire) is 15%.
43. ___T___ MSDS is considered as the Biodata of a chemical compound.
44. ___T___ Carrying heavy loads is an example of an Ergonomic hazard.
45. ___T___ Personal Protective Equipment is the last resort in the control of hazard.
46. ___F___ Environmental monitoring is not required in a regular office.
47. ___F___ A person can get electrocuted by a 12-volt car battery.
48. ___T___ Operation of the fire extinguisher is guided by the word P-A-S-S.
49. ___F___ If you forgot your padlock for lockout, you may borrow your co-workers padlock to be safe.
50. ___T___ The metal grill of the electric fan is an example of machine guarding.

IV. ESSAY: (please use the back page for your answers)

51.55. How can you convince Top Management of a corporation with no in-place Occupational Safety and Health program to establish one?.

TELL THEM THAT IT IS ESSENTIALLY NEEDED FOR THE SAFETY OF THEIR WORKER AND WORKPLACE. AND CONVINCED THEM THAT IT IS NOT A LOSS FOR THE COMPANY BUT ALWAYS A PROFIT SINCE THE COMPANY WILL WORK EVERYDAY SAFELY.

56-60. Name at least five (5) topics discussed during this BOSH training. Describe briefly.

HINTS

1. PROPER HOUSEKEEPING – (5S) IS A SYSTEMATIZE APPROACH TO ORGANIZING WORK AREAS, KEEPING RULES AND STANDARDS AND MAINTAINING DISCIPLINE
2. ENVIRONMENTAL CONTROL MEASURES- GENERAL CONTROL MEASURES THAT ARE NEEDED IN THE WORKPLACE TO PREVENT INCIDENTS AND ACCIDENTS.
3. ACCIDENT INVESTIGATION- USED IN PREVENTING THE RECURRENCE OF ACCIDENTS AND A METHODOLOGICAL EFFORT TO COLLECT AND INTERPRET FACTS OF ACCIDENT

4.OSH POLICIES- ABOUT THE OSH STANDARDS THAT REQUIRES EMPLOYERS TO DEVELOP ND IMPLEMENT RESPECTIVE HEALTH AND SAFETY POLICY AND PROGRAMS.

5.JHA OR JOB HAZARD ANALYSIS- TOOLS USED TO IDENTIFY HOW TO PERFORM TASK STEP BY STEPS, ANY HAZARD ASSOCIATED WITH THA TASK AND PROPER CONTROL MEASURE TO MITIGATE THE HAZARD.