



Weekly Safety Meetings Quiz Questions

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Nebraska Building Chapter AGC
Think safety first!

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National Safety Month

1. True or False? The mission of the National Safety Council (NSC) is to eliminate preventable injuries and deaths at work, in homes, in our communities, and on the road.

MY ANSWER: _____

CORRECTED ANSWER: _____

2. What can you do to prevent slips, trips, and falls both on and off the job?

- a. Pay attention to the condition of the surface you're walking on.
- b. Clean up spills later, at the end of the day or the next day.
- c. Keep tools and materials close to walkways and stairs.
- d. Nothing because slips, trips, and falls are inevitable.

MY ANSWER: _____

CORRECTED ANSWER: _____

3. According to the NSC, which of the following is a negative effect caused by fatigue?

- a. You can work 3 times faster when you're fatigued.
- b. Your ability to work safely increases when you're fatigued.
- c. You are 3 times more likely to be in a car crash when fatigued.
- d. Your chances of suffering heart disease and obesity drop.

MY ANSWER: _____

CORRECTED ANSWER: _____

4. Which of the following statements about sleep is correct?

- a. Coffee and energy drinks are the cure for fatigue.
- b. Adults need 7 to 9 hours of sleep each night.
- c. Adults need 5 to 6 hours of sleep each night.
- d. Keeping your bedroom bright, quiet, and warm will help you sleep.

MY ANSWER: _____

CORRECTED ANSWER: _____

5. True or False? Only alcohol and illegal drugs can impair your perception and your reactions.

MY ANSWER: _____

CORRECTED ANSWER: _____

NAME: _____ ID#: _____ DATE: _____

TRAINER: _____ SUPERVISOR: _____



Prepare for Bad Weather

1. You should avoid walking through floodwaters because just _____ inches of moving water can knock you down.

- a. 2
- b. 3
- c. 5
- d. 6

MY ANSWER: _____

CORRECTED ANSWER: _____

2. What should you do to keep safe during a tornado warning?

- a. Shelter on the highest level of the structure.
- b. Stay away from windows and glass doors.
- c. Try to outrun the tornado once you see it.
- d. Go outside, so you don't get trapped in a collapsed building.

MY ANSWER: _____

CORRECTED ANSWER: _____

3. True or False? Even if you can't see any lightning, you're not safe outside during a thunderstorm.

MY ANSWER: _____

CORRECTED ANSWER: _____

4. Which of the following is an unsafe action when you see lightning or you think a thunderstorm might strike?

- a. lowering crane booms.
- b. climbing down off of scaffolding.
- c. getting to shelter inside a large metal structure.
- d. climbing down off of equipment.

MY ANSWER: _____

CORRECTED ANSWER: _____

5. True or False? Every item that is not tied down or secured can get blown around during a storm.

MY ANSWER: _____

CORRECTED ANSWER: _____

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Gimme a Break!

1. Why is it important that you take breaks?

- a. Taking breaks can improve your productivity.
- b. Taking breaks can help keep you safe.
- c. If you skip breaks, you are more likely to get fatigued.
- d. all of the above.

MY ANSWER: _____

CORRECTED ANSWER: _____

2. True or False? When you work in hot weather, you may need more frequent breaks.

MY ANSWER: _____

CORRECTED ANSWER: _____

3. What is one of the things you can do during your breaks to make them more effective and healthier for you?

- a. gossip with your co-workers.
- b. continue working.
- c. stretch.
- d. smoke.

MY ANSWER: _____

CORRECTED ANSWER: _____

4. True or False? When you're rushing to meet deadlines, taking breaks will slow you down and reduce your productivity.

MY ANSWER: _____

CORRECTED ANSWER: _____

5. What are the healthiest food and drink choices you can make when you take a break?

- a. water and healthy snacks because they naturally energize you.
- b. junk food and energy drinks because they give you a quick boost.
- c. anything with caffeine and sugar.
- d. fried, fatty foods along with a soda.

MY ANSWER: _____

CORRECTED ANSWER: _____

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Is Your Personal Vehicle Safe?

1. True or False? A good vehicle battery should last 5 to 10 years, but they last longer if they've endured hot summers and cold winters.

MY ANSWER: _____

CORRECTED ANSWER: _____

2. Which of the following is an unsafe practice when driving your vehicle?

- a. being rested and alert.
- b. eating or texting.
- c. taking breaks during long trips.
- d. being prepared for the unexpected.

MY ANSWER: _____

CORRECTED ANSWER: _____

3. Why is it important to check the oil level in your engine between oil changes?

- a. It is not important.
- b. If you run out of oil, your car's engine is done for.
- c. If you don't have enough oil, you could have trouble stopping safely.
- d. all of the above.

MY ANSWER: _____

CORRECTED ANSWER: _____

4. True or False? Safety recalls are inconvenient and are never worth the time spent dealing with them.

MY ANSWER: _____

CORRECTED ANSWER: _____

5. Which of the following statements about vehicle safety is incorrect?

- a. Typically, you should get your oil changed every 3,000 to 5,000 miles.
- b. You should replace your wiper blades when they start to deteriorate.
- c. Make sure you and all your passengers wear seat belts.
- d. Leave as little space as possible between your vehicle and cyclists.

MY ANSWER: _____

CORRECTED ANSWER: _____

NAME: _____ ID#: _____ DATE: _____

TRAINER: _____ SUPERVISOR: _____