



Weekly Safety Meetings Answer Key

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Nebraska Building Chapter AGC
Think safety first!

Volume 42 Issue 22 June 2020

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.

The mission of the NSC is to eliminate preventable injuries and deaths at work, in homes, in our communities, and on the road.

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

To prevent slips, trips, and falls both on and off the job, keep your eyes on your path of travel and pay attention to the condition of the surface you're walking on.

- 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.

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

According to the NSC: You are 3 times more likely to be in a car crash if you're fatigued.

- 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.

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

Adults need 7 to 9 hours of sleep each night.

- 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.

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

Alcohol and drugs (both legal and illegal) can impair your perception and your reactions

FURTHER DISCUSSION:

SUPERVISOR/TRAINER NOTES:



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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

Avoid walking or driving through floodwaters. Just 6 inches of moving water can knock you down, and just 1 foot of moving water can sweep your vehicle away.

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.

During tornadoes, stay away from windows and glass doors.

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

Even if you can't see any lightning, you're not safe outside during a thunderstorm.

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.

Get to shelter inside a substantial building and away from large metal structures.

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

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

FURTHER DISCUSSION:

SUPERVISOR/TRAINER NOTES:



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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.

Taking breaks can improve your efficiency and productivity, and can actually help keep you safe.... If you don't take breaks throughout the day, you are more likely to get fatigued.

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

When you work in hot weather, you may need more frequent breaks to hydrate and give your body time to cool down, for example.

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.

Make healthier choices. Use your break to do one or more of the following: Stretch. Just a quick stretch will relax muscles and reduce your chances of being injured.

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

Especially at the end of a project, when you're rushing to meet deadlines, you may start thinking that taking breaks will slow you down and reduce your productivity. Nothing could be further from the truth.

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.

Drink water and enjoy a healthy snack that will naturally energize you instead of making you more tired.

FURTHER DISCUSSION:

SUPERVISOR/TRAINER NOTES:



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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.

A good battery should last 3 to 4 years, but cold winters and hot summers are hard on them.

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

Avoid distractions while you're driving: don't eat, text, or make phone calls.

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

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

It's important to check the oil level between changes. If you run out of oil, your car's engine is done for.

- 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.

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

Don't ignore vehicle recalls. It may be inconvenient to bring your car in for a free repair, but if you ignore a safety defect, the results can be deadly.

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

Leave plenty of space between your vehicle and cyclists, motorcyclists, and any nearby pedestrians.

- 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.

FURTHER DISCUSSION:

SUPERVISOR/TRAINER NOTES:
