

Construction Safety Video, Quiz & Training Session Recommendations/Suggestions:

Give the quiz to the employees prior to the viewing of the video. Allow them to read and familiarize themselves with the test questions. The questions came directly from the video, and are designed to be challenging. However, if the students have the quiz in their possession and are familiar with the test questions prior to viewing the video, they will be encouraged to pay attention to obtain the answers to the test questions.

The video has eight (8) components. You may watch the video in its entirety or watch different sections at a time. We recommend watching the first four sections, taking the appropriate quizzes then watch the next four (4) sections and take the final quizzes. This can be done on two separate days or on the same day, with a break after each portion.

Allow time for discussion of the answers to the quiz. There may be situations or answers to some of the questions that the video did not discuss. The employees may have experienced similar situations and through their practical experience discovered other ways to work safely. This will promote positive communication, feedback and give employees the feeling that they are taking an active role in their safety.

Allow time for discussion during the practical/performance sections of the quiz. Let the employees critique other employees' performance. Stress the importance of teamwork in safety and do not cut corners. A safety device is only as good as the person that uses it.

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Construction Safety Quiz Part I - Fall Protection

What are the “ABCs” of Fall Arrest?

What is the height requirement for a work area when fall protection is required?

How much weight must an “Anchor Point” for lifelines, lanyards and deceleration devices hold?

What are connectors and why is it important for a worker to inspect them before each use?

Where is it “NOT” permissible to hook your fall protection lanyard?

When putting on your fall protection full body harness, where should the dorsal “D-Ring” be located?

When putting on your fall protection full-body harness, where should the “Chest Strap” be located?

(True/False) When providing fall protection to a worker, employers have the option to install guardrails or place workers in full-body fall protection devices.

How much weight are guardrails required to withstand?

(True/False) Guardrails must be installed at 42 inches in height with midrails half the distance to the working walking surface and toe boards which must be at least 4 inches in height.

Extra Credit:

(True/False) “Wire Rope” rails must be tightened to only allow 3 inches of downward or outward pressure/movement and require flagging every 6 feet of length to aid in visibility.

Practical Activity:

Have each worker put on their full body harness fall protection. Make sure all straps and fasteners are secure and in the correct location.

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Construction Safety Quiz Part II - Scaffolding

(True/False) Scaffolding is a temporary work platform that requires the supervision of a “Competent” person and must be designed by a “Qualified” person. All persons working on scaffolding are required to have training so they are alerted to the hazards associated with scaffolding and how to recognize dangers.

(True/False) Scaffolding must be 10 feet or more from non-insulated electrical lines.

When is it permissible to secure scaffolding with loose items such as barrels, blocks, boxes or concrete blocks?

Does scaffolding need to be equipped with guardrails, midrails and toe boards?

When and who must inspect scaffolding, and does this information need to be documented?

How much time do you have before you make repairs to damaged/worn portions of scaffolding?

What type of material(s) may be used to cover the platform area of scaffolding?

Who has the authority to supervise the erection, movement, dismantlement or alteration of scaffolding equipment?

(True/False) Scaffolding must be sound, rigid and able to carry its own weight plus 4 times the maximum intended load.

(True/False) Scaffolding must be built on a suitable surface with base plates, and if settling could occur, “Mud Seals” must be used.

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Construction Safety Quiz part III - Heavy Machinery

Why are “Pinch Points” of concern when working around heavy machinery, and what are the hazards associated with them?

What are some of the things you can do to avoid being struck by a piece of moving equipment or machinery?

What steps should be taken if a person on the ground wants to talk to a person who is operating a piece of heavy machinery?

List some of the items on a piece of machinery that should be checked and inspected, which allow equipment operators to better see a person standing, working or walking near their work area.

List some of the warning devices on a piece of machinery that should be checked and inspected that will alert the person standing/working near the device of the intentions of the equipment operator.

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Construction Safety Quiz Part IV - Electricity

What is the definition of “High Voltage?”

What is the definition of “Low Voltage?”

What does GFCI stand for and how does it work?

(True/False) A GFCI is designed and put in place to protect equipment.

(True/False) A circuit breaker is designed and put in place to protect people.

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Construction Safety Quiz Part V - Excavations

What are some of the underground utilities/hazards workers may encounter during excavations?

What is the “One Call Center” and what is it used for?

What are some of the ways to avoid coming into contact with underground utilities?

At what depth are you required to use some form of protective measures to ensure workers’ safety?

(True/False) OSHA/HIOSH requires a “Competent” person to classify soil and to determine what type of protective system is required for that particular soil type.

List some of the ways workers can be protected while working in a trench/excavation.

(True/False) Any excavation of 20 feet or deeper requires a professional engineer to design a protective system to protect workers.

Why is it a good/safe work practice to keep soil piles at least 2 feet away from excavation/trenches?

(True/False) You must use ladders in an excavation/trench anytime you are 4 feet or deeper, and the ladders must be spaced every 25 feet of lateral distance from the excavation/trench.

Excavations/trenches must be inspected daily by a competent person. What are some of the things that could change/affect the conditions/hazards of the excavation/trench area?

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Construction Safety Quiz Part VI - Chemicals

(True/False) There should be a Material Safety Data Sheet (MSDS) for each chemical on the jobsite.

Why should you follow the manufacturers' MSDS instructions for the safe handling, storage and use of hazardous materials?

(True/False) Employees should be trained on how to read and use the MSDS and material warning labels, and the risks associated for each chemical.

(True/False) Employers should have a written spill-control plan, provide employees with proper training on how to clean up spills and protect themselves while doing so. Employers should train their employees on how to dispose of used chemicals, and provide a spill cleanup kit and fire extinguisher in areas where chemicals are stored.

(True/False) Employers need to make safety information, i.e., MSDS available for employees at all times in a language understood by all personnel.

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Construction Safety Quiz Part VII - Ladders

The proper base-to-height ratio of a ladder is 4 to 1. What does this mean and why is this important to your safety?

(True/False) Ladders are made for a specific type of use and rated to hold a particular maximum load or weight. On the side of the ladder, you will find a label with information regarding the type of ladder, what it is to be used for, any warnings and proper configuration.

Only Type 1 or 1A ladders are permitted in construction. They are rated for 250 and 300 lbs. Why is this important and how could not using a ladder with the correct rating become a safety hazard?

Why is it a good idea to immediately mark a damaged ladder with "DO NOT USE" and remove it from service?

Why should you never use a metal ladder while performing electrical work or around overhead power lines?

Why is it important to properly secure ladders and ensure that they are not located in front of doors or high traffic areas?

Why is it important for the information label on the ladder's side rail to be easily read and understood by workers using the ladder?

Why is it important to check your ladder each day at the beginning of each shift?

Practical Activity:

Have workers demonstrate how to properly set up a ladder so that it has the correct 4 to 1 base-to-height ratio.

Bring a ladder into class that you know is defective, and have the workers point out the problems with the ladder and ask them to make a determination if the ladder is safe to use.

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Construction Safety Quiz Part VIII - Personal Protective Equipment and General Safety

On a construction site, when is it acceptable to use sunglasses instead of safety glasses with a Z87 ANZI rating?

List some of the PPE (Personal Protective Equipment) items used on your job site.

Why is good hygiene important when using disposable ear inserts?

(True/False) For hard hats, only the outside shell is important when providing protection for the worker.

Why is an employee's attitude important to their safety?

Why is proper housekeeping important to the safety of a worksite?

Why is it always important for workers to be aware of their surroundings?

Why is it a good idea and work practice to be watchful for other workers on your jobsite?

Why is it a good idea for managers to get involved with the safety program of their company?

Why is it beneficial for employers to explain to their employees why they are wearing PPE as opposed to telling them to just wear it?

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