

## SWAB MASTER LTD. – PERSONAL PROTECTIVE EQUIPMENT (PPE) TRAINING QUIZ

1. Guests and visitors do not have to wear PPE.  
TRUE FALSE
2. It is Swab Masters Policy that all PPE used by the company will be within the requirements of OH&S regulations and CSA standards.  
TRUE FALSE
3. PPE may be modified or changed against the manufacturers specifications if it is too uncomfortable.  
TRUE FALSE
4. A Pre-Job Safety Meeting (JSA) should always be completed with controls listed prior to engaging in any work.  
TRUE FALSE
5. All workers should be trained in the correct use, care, limitations and assigned maintenance of the personal protective equipment.  
TRUE FALSE
6. Eye & Face Protection is outline in which part of the OH&S code?
  - a) Part 2
  - b) Part 30
  - c) Part 18
  - d) None of the Above
7. Eye & Face Protection is designed to protect:
  - a) Flying Objects or Particles
  - b) Molten Metals
  - c) Splashing Liquids
  - d) All of the Above
8. Coveralls are provided to you by Swab Master Ltd. They should be:
  - a) Flame retardant
  - b) Have reflective safety stripes
  - c) Fit properly
  - d) All of the Above
9. As a worker, you are responsible for wearing the proper clothing under your coveralls. These include:
  - a) Hoodies made of synthetic fibers
  - b) Natural fiber clothing
  - c) Nothing
  - d) Old Oily T-shirts

10. Safety footwear is designed to protect you against:
- a) Compression injury
  - b) Puncture injury
  - c) Impact injury
  - d) All of the Above
11. Safety boots should be:
- a) Loosely tied and laced tucked in
  - b) Modified to fit comfortably
  - c) Steel caps exposed
  - d) Laced and tied properly
12. Hard Hats should be worn:
- a) When there is a foreseeable danger of injury to a workers head
  - b) At all times regardless of situation
  - c) Only at the shop
  - d) Only on site if the clients representative is present
13. Safety Head Wear is designed to protect from:
- a) Falling objects
  - b) Splashes from chemicals or harmful substance
  - c) Contact with energized objects or equipment
  - d) All of the Above
14. Types of hand protection include:
- a) Finger guards
  - b) Sunscreen
  - c) Mittens
  - d) All of the Above
15. When wearing gloves as hand protection, you should:
- a) Wear loose fitted gloves so they are easy to take off
  - b) Modify the gloves so that the fingers are sticking out
  - c) Clean chemicals or fluids off before removing them
  - d) Always wear them when working with machinery.
16. Musculoskeletal injury can be recognized by:
- a) Dull ache or sharp pain
  - b) Tingling or numbness
  - c) Swelling or tenderness
  - d) All of the Above

17. Prevention methods for musculoskeletal injuries include:
- Not lifting anything
  - Frequent breaks from repetitive tasks
  - Standing stationary for long periods of time
  - Ensure there is stretching and reaching at the workstation
18. The use of respiratory protective equipment is mandatory:
- At all oil and gas well sites in Alberta
  - Only if there is no risk of H<sub>2</sub>S
  - When workers may be exposed to hazardous vapours or gases
  - Only at the shop when using the wash bay
19. Workers must abide by the following rules when using respiratory protective equipment
- Clean shaven
  - Other PPE does not affect the fit of the respirator
  - Mask fit test has been completed
  - All of the above
20. According to OH&S legislation, Fall Protection Equipment should be worn when:
- The worker is 3 metres above ground
  - The worker is 2.5 metres above ground
  - The worker is 4 metres above ground
  - The worker is 1 metre above ground
21. With regard to Fall Protection Equipment, all workers must:
- Be knowledgeable of the hazards
  - Report hazards to your supervisor or manager
  - Ask questions if you don't know
  - All of the Above
22. You should be wearing Hearing Protection at the workplace if:
- The decibels are between 50-60 dBA
  - The decibels are higher than 20 dBA
  - The decibels are over 85dBA
  - The decibels are over 75dBA
23. Noise hazards can be controlled by:
- Engineering methods – blocking the path of the sound
  - Administrative methods – limiting the amount of time a worker is exposed to the sound
  - PPE – Ear plugs or Ear Muffs or a combination of both
  - Any combination of A, B or C.