EHSO HEALTH AND SAFETY QUIZ – NAOSH WEEK

1. It is important you use hearing protection when exposed to noise that makes you shout to be heard. (True_______ or False_______)

2. If you meet an intruder do not confront them but call Security Services at 555 or if using Rogers Wireless or MTS cell phone, call #555. (True_______ or False_______)

3. If you are injured at work you must notify your supervisor and complete a "Notice of Injury Form" located on the EHSO web page. (True_______ or False_______)

4. People who don’t like perfume are just fussy. (True_______ or False_______)

5. M.S.D.S. are information sheets that tell you how to handle products that might harm you. (True_______ or False_______)

6. If you hear a fire alarm at work, just stay at your desk and hope it stops. (True_______ or False_______)

7. Sitting is natural position for the body. (True_______ or False_______)

8. If you find a discarded needle at the University, you should leave it & call 555 or #555 (cell phone) for help. (True_______ or False_______)

9. The University does not care if the Contractors working here have an accident. (True_______ or False_______)

10. Left over waste and chemicals can be flushed down a sink. (True_______ or False_______)

NAME___________________________ UNIVERSITY PHONE # ___________

Answers

• It is easy to become injured when picking up a discarded needle. You don’t know what disease or traces of chemical it may carry. Call 555 for Security Services and they will collect it.

• If you hear a fire alarm you should cease all activities, turn off heat producing devices, leave overhead lights on. Close all doors and/or windows in the immediate area, evacuate the building immediately using nearest safe available exit, remain outside the building until the Winnipeg Fire Department or the University Fire Marshall gives the all clear.

• It is important if you have an accident at work that you report it immediately to your supervisor and even if you don’t go off work you should complete a “notice of injury form”. This form is kept as a record in the Environmental Health and Safety Office in case you need to make a claim at a later date.

• It is against the law and University policy to discard many chemicals down the sink. The EHSO has an established hazardous waste disposal program currently in place and can deal with any of your hazardous waste concerns just call us at 474-6633.

• If you are exposed to noise and have to shout to be heard, you are exposed to too much noise and should wear either hearing plugs or hearing muffs.

• The University has a very strict Contractor safety program. All Contractors must comply with the University program or they can not work here. If you see something you think is questionable you can call EHSO and report it.

• Sitting is not natural for the body and the spine is not designed to maintain this position for long periods of time. When you sit for awhile, take time out to stand up and stretch your arms overhead. Many accidents occur after someone who has been sitting gets up and coughs or bends to pick up a light weight object. By standing and stretching you de-program your back and are much less likely to be hurt.

• For many people the smells of perfume, cologne and other beauty products is not just something they dislike but can cause health problems, such as allergic reactions. Be kind to your work mates and don’t wear strong scents at work.

• The law requires that all hazardous substances in the workplace be labeled properly. Specifically the label must identify the hazards, give cautionary statements, identify personal protection and controls needed to keep you safe, and give first aid information in case of exposure. This and more information is available on Material Safety Data Sheets (MSDS's). If you don’t have an M.S.D.S. for a product that you feel may be a hazard, you can call the EHSO for information.

• It is dangerous to confront an intruder and apprehending them is a job for Security Services and the police. If you see one, call to report and ask for assistance.