

Harwood Grant Focus Four Training Quiz

Name: _____

Date of training: ___/___/___

Please circle the correct answer.

1. What are the hazards associated with focused inspections?
 - a. Falls
 - b. Electrocutions
 - c. Struck by
 - d. Caught in
 - e. All of the above

2. Universal precautions means:
 - a. Treating all blood and body fluids as though they were infectious.
 - b. That all workers who are exposed to bloodborne pathogens follow the same set of work procedures.
 - c. Using gloves and masks whenever you deal with blood or body fluids.
 - d. Careful hand washing along with the use of gloves and masks

3. The fall protection standard covers anyone who works:
 - a. Six feet above the ground
 - b. Near wall or floor openings
 - c. Six feet above the ground or above dangerous equipment
 - d. All of the above

4. Toe boards must be a minimum:
 - a. 3 1/2" high and not over 1/4" inch gap above the work surface
 - b. 3 1/2" high and not over .1/2" above the work surface
 - c. 3" high and not over 1/4" above the work surface
 - d. No minimum requirement

5. A cover used for fall protection must:
 - a. Withstand 2 times the weight of workers, equipment & materials
 - b. Be secured from movement and labeled
 - c. Both a and b above
 - d. Must have an attendant

6. A personal fall arrest system must be inspected:
 - a. Once during each work shift
 - b. A minimum of once each day
 - c. Before each use and if subject to impact
 - d. Before storage

7. Covers must be:
 - a. Color-coded or marked with the word "hole" or "cover"
 - b. Clearly marked with the word "hole" or "cover"
 - c. Painted yellow and marked with the word "hole" or "cover"
 - d. Painted red and marked with the word "hole or cover".

8. In case of a fire, you should use a portable fire extinguisher only if:
 - a. You know how to use it
 - b. The fire department has been called, and you have been trained to do so.
 - c. The fire department has been called, the building is being evacuated, the fire is small and can be contained
 - d. You know how to use it, the alarm has been sounded and you have a clear exit if you need to leave.

Harwood Grant Focus Four Training Quiz

9. Flammable liquids should be stored and used in areas that are:
 - a. Adequately ventilated, and free of trash and combustibles.
 - b. Free of trash and combustibles.
 - c. Adequately ventilated, free of trash and combustibles and not used for other storage purposes.
 - d. Adequately ventilated

10. Egress is best described as:
 - a. An identified exit of escape.
 - b. A function of the fire protection requirements of a building.
 - c. The way to, through, and away from an exit.
 - d. The emergency discharge from a building.

11. When working near overhead power lines stay at least:
 - a. five feet from the lines
 - b. ten feet from the lines
 - c. 15 feet from the lines
 - d. 20 feet from the lines

12. Why is personal protective equipment the last resort, in hazard abatement?
 - a. The equipment is variable in its effectiveness.
 - b. Workers may not use the equipment properly.
 - c. Elimination of the hazard is always preferred.
 - d. All of the above.

13. Electrical Safety-related work practices are intended for:
 - a. Electricians, electrical/electronic engineers and technicians
 - b. Machine operators and line supervisors
 - c. Painters, welders and mechanics
 - d. All of the above

14. If a piece of equipment appears to be de-energized but is not locked or tagged you would:
 - a. Apply a lock and tag and notify the supervisor
 - b. Test to see if it is energized
 - c. Assume the equipment is energized or live and treat it as such

15. The term lockout is best defined as:
 - a. Blocking the flow of energy from a power source to a piece of equipment
 - b. Shutting down a piece of equipment for service or maintenance work
 - c. Applying a lock to a piece of equipment to show that it should not be used
 - d. Applying a tag to a piece of equipment to show that it should not be used

16. A lockout procedure is used whenever:
 - a. The servicing or repair work to be done places an employee in danger
 - b. An equipment guard must be removed for servicing
 - c. A power source can be locked out for servicing
 - d. All Of the above

17. If you come across a piece of equipment that is turned off, but not locked out, you would:
 - a. Ask someone working in the area, if it could be turned back on
 - b. Notify someone who is authorized to perform lockout
 - c. Never restart equipment
 - d. b and c

Harwood Grant Focus Four Training Quiz

18. Duties of the competent person include:
- a. Soil analysis
 - b. Assigning employee duties
 - c. Designing protective systems
 - d. All of the above
19. The daily inspection of the excavation site done by the competent person includes:
- a. Checking for evidence of a situation that could result in a cave-in
 - b. Checking for hazardous atmospheres
 - c. Checking protective support systems
 - d. All of the above
20. Fall protections systems are required on welded frame scaffolds at ____ feet.
- a. 6
 - b. 10
 - c. 12
 - d. 16
21. All materials in a protective helmet must be:
- a. These is no requirements for the materials
 - b. Water resistant and slow burning
 - c. Water resistant and impact resistant
 - d. Lightweight, water resistant and impact resistant
22. Guardrails must withstand a top rail side pressure of _____ lbs.
- a. 200
 - b. 300
 - c. 400
 - d. 540
23. A confined space is defined as:
- a. is large enough and so configured that a person's body can enter and perform work.
 - b. has limited or restricted means for entry or exit.
 - c. Is not designed for continuous occupancy.
 - d. All of the above.
24. To enter into a confined space a person must:
- a. Be authorized per their company's confined space program.
 - b. Trained and competent.
 - c. Ensure air quality and aware of any apparent hazards.
 - d. All of the above.