

SAMPLE QUESTION BANK FOR THE PLEA 10 HOUR HSE PASS PROGRAMME – TRINIDAD & TOBAGO

I. Introduction

- 1. After you have started a job and the conditions of tasks in the job changes, what should you do?**
 - a) Keep working**
 - b) Do the best you can.**
 - c) Ask another worker.**
 - d) Stop the job and inform your supervisor.**

- 2. Which of the following is is the plant you are working on responsible for?**
 - a) To provide transportation to work**
 - b) To inform the contractor of all known hazards in the workplace**
 - c) To contribute to your retirement plan**
 - d) To inspect your PPE**

- 3. Your employer/contractor company is required to do which of the following?**
 - a) To provide you with proper safety training**
 - b) To provide daycare for your family**
 - c) To get you to work on time**
 - d) To ensure that you have the proper attitude and desire to work**

- 4. When you or any of you peers sustain and injury, what do you do?**
 - a) Go straight to the first aid station and return to work**
 - b) Immediately inform your supervisor**
 - c) It is minor, continue working**
 - d) Leave the compound to seek assistance without informing anyone**

II. TT OSH Act.

- 5. Your employer is responsible for?**
 - a) To provide you with classes to learn your trade**
 - b) To provide you a parking space for your car**
 - c) To provide you with information, training, instruction and supervision**
 - d) To provide you with an area to sleep during work**
- 6. Which of the following statements is true:**
 - a) It is the duty of every employee while at work to take reasonable care for the safety and health of himself and of other persons who may be affected by his acts or omissions at work**
 - b) The responsibility for safety at work lies with the management team only**
 - c) The safety committee is responsible for safety & health on the work site.**
 - d) The Safety Officer is the only person responsible for my safety**
- 7. As an employee you are required to:**
 - a) Use correctly the personal protection clothing and or devices provided for his use**
 - b) To tell the employer what type and make of PPE he wants**
 - c) To modify the PPE provided so that it suits the worker**
 - d) To demand the replacement of PPE due to misuse, willful damage or loss.**
- 8. All workplaces allow workers to be intoxicated while in the workplace:**
 - a) Once he has informed the company's nurse**
 - b) Once he is not operating mobile equipment**
 - c) Only if assigned to the control room**
 - d) Never**
- 9.**
- 10.**

- 11. An employer may discipline, in the customary manner, an employee who:**
- a) Went to cinema the evening before work the following day**
 - b) Breaks the safety & health provisions of the TT OSH Act**
 - c) Refuses to eat lunch from the company's canteen**
 - d) Participates in a daily tool box meeting**

III. HAZCOM

- 12. What is asbestos?**
- a) Fire resistant safety glasses**
 - b) Naturally occurring fibrous minerals found in some insulation**
 - c) A heavy metal**
 - d) Materials resistant to bullets and knives**
- 13. Who can remove asbestos?**
- a) Janitorial personnel**
 - b) Welders**
 - c) Only trained and qualified personnel**
 - d) OSHA inspectors**
- 14. What are HMIS and NFPA placards? .**
- a) To identify emergency exit routes**
 - b) To give first-aid instructions**
 - c) To identify the manufacturer of the material**
 - d) To warn you of chemical hazards**
- 15. Which document contains all information regarding chemicals**
- a) MADD (Mothers Against Drunk Drivers)**
 - b) MSDP (Material Security Description Paper)**
 - c) MSDS (Material Safety Data Sheet)**
 - d) MSDR (Material Safety Data Record)**
- 16. flammable or explosive chemical is:**
- a) A health hazard**
 - b) A chronic health hazard**

- c) A physical handicap
- d) A physical hazard

17. Providing MSDS on all hazardous materials in the workplace is the duty of?

- a) The employer (Owner or Contractor)
- b) The trainer
- c) The spouse
- d) The employee/worker

18. When can you go through radiation barricades?

- a) At the end of the workday
- b) When other workers are going through
- c) When the “all clear” is signaled
- d) Never

19. Which standard provides you with information about hazardous chemicals in the workplace, potential health effects, and protective measures?”

- a) The OSHA Hazard Communication Standard
- b) The FEMA Standard
- c) The American Broadcasting Company Standard
- d) The NFPA Labeling Standard
- e)

20. Material Safety Data Sheets should be reviewed?

- a) When you have the time
- b) During the lunch hour
- c) Before starting work where hazardous materials are present
- d) After the job is complete

21. Asbestos fibers become a health risk?

- a) When they are left intact and undisturbed
- b) When they are not airborne
- c) When they are sealed with plastic
- d) When they are disturbed and released to the air

22.What should you look for on containers of hazardous materials?

- a) MSHA labels**
- b) A company logo**
- c) Skulls and crossbones**
- d) Labels identifying the contents and hazards**

23.If you are exposed to a known hazardous chemical in the workplace?

- a) Report any possible exposure immediately to your supervisor.**
- b) Tell your spouse.**
- c) Just wait and see if you get sick.**
- d) Take an aspirin.**

IV. Personal Protective Equipment –PPE

24.What is the correct way to wear Flame Resistant Clothing (FRC)?

- a) Wear the color required by the plant.**
- b) Have a company logo.**
- c) Roll up the sleeves.**
- d) Fully zip it and button the cuffs.**

25. Safety glasses and face protection must:

- a) Be kept in your toolbox during the job**
- b) Be replaced weekly**
- c) Not have limitations**
- d) Fit properly and be appropriate for the job**

26.When choosing the proper gloves you should select:

- a) The most appropriate glove for the application**
- b) An all-purpose glove**
- c) The glove that looks best**
- d) The proper color**

27. The main protection Flame Resistant Clothing (FRC) provides is from?

- a) Chemical spray**
- b) Flash fires**
- c) Bloodborne pathogens**
- d) Toxic gases**

28. Who should maintain your Personal Protection Equipment (PPE)?

- a) The safety officer**
- b) Your supervisor**
- c) You**
- d) The crew leader**

29. What must employees using Personal Protection Equipment know?

- a) All PPE is fire resistant.**
- b) Is not important after the job starts**
- c) Broken PPE is better than no PPE.**
- d) All PPE has limitations.**

30. How do you determine which type of glove to use when performing a task?

- a) Only your supervisor knows.**
- b) Read the MSDS.**
- c) Read the operating manual.**
- d) Most any glove will do.**

31. When should you inspect your fall arrest equipment?

- a) Every time you use it**
- b) Only when instructed by your supervisor**
- c) Monthly**
- d) Annually**

V. Respiratory Protection Before you use a respirator you must ensure that you have:

- a) Fit test, medical clearance, and training
- b) Training in elevated work and fall protection
- c) HAZWOPER training
- d) There are no specific requirements to wear a respirator

32. Facial hair prevents which of the following when using a respirator?

- a) A complete facial seal with your respirator
- b) You from having any skin irritation
- c) Hair follicles prevents absorption of the contaminants
- d) You do not need a respirator if you have facial hair.

33. Air-purifying respirator cartridges are selected by:

- a) What is available and cost.
- b) Weight and shape of the cartridge
- c) Contaminant type and concentration
- d) No particular method since it does not matter

34. Which type of respirator will protect from toxins that may be absorbed through the skin?

- a) S.C.B.A. (self-contained breathing apparatus)
- b) A.P.R. (air-purifying respirator)
- c) No respirator provides protection from toxins absorbed through the skin.
- d) Airline respirator.

35. What atmosphere is safe to work in?

- a) 19.5 % oxygen
- b) 29% oxygen
- c) 0% oxygen
- d) 5% oxygen

36. What type of respirator must be worn in atmospheres that are IDLH (Immediately Dangerous to Life and Health)?

- a) Air-purifying respirator
- b) Particulate respirator
- c) Supplied-air respirator (SCBA or air line with escape pack)
- d) Dust mask

37. Mechanical-Filter Masks, Chemical Cartridge Masks, and Gas Masks are all examples of which type of respirator?

- a) Air-purifying respirator**
- b) Supplied-air respirator**
- c) Air conditioning respirator**
- d) Air-contaminating respirator**

38. A Self Contained Breathing Apparatus (SCBA) is what type of respirator?

- a) Gas mask**
- b) Air-purifying respirator**
- c) Chemical cartridge respirator**
- d) Supplied-air respirator**

VI. Hearing Conservation

39. Hearing loss is caused by?

- a) Off-the-job exposure to high noise does .**
- b) Hearing loss due to chronic exposure to .**
- c) .High noise in workplace**
- d) .All of the above**

40. At what noise level is a Hearing Protection Recommended?

- a) 25 decibels (dB)**
- b) 15 decibels (dB)**
- c) 55 decibels (dB)**
- d) 85 decibels (dB)**

41. If you have to raise your voice to someone working 2-3 feet away, you are probably working in an area above _____ dB (decibels).

- a) 85**
- b) 45**
- c) 10**
- d) 55**

- 42. Which one of the following statements concerning personal hearing protectors is true?**
- a) All hearing protection gives the same level of protection.**
 - b) Any break in the seal of hearing protection reduces its effectiveness.**
 - c) Hearing protectors must be shared by employees.**
 - d) All ear plugs are reusable.**
- 43. What is the term used to describe constant ringing in the ears caused by exposure to loud noises?**
- a) Tinnitus**
 - b) Glandular dysfunction**
 - c) Tetanus**
 - d) Post Traumatic Syndrome**
- 44. All employees are responsible for?**
- a) Completing area noise monitoring**
 - b) Inspecting and cleaning their personal hearing protectors**
 - c) Doing studies to identify “High Noise” areas**
 - d) Writing the Hearing Conservation Program**

VII. Electrical Safety

- 45. Which is the correct kind of plug to use on extension cords?**
- a) Two-prong plug on equipment that is not double insulated**
 - b) An underground plug on non-double insulated equipment**
 - c) A grounded (fitted with earth pin) plug**
 - d) An adapter for an ungrounded plug**
- 46. ?Inspection of an electrical cord is required:**
- a) Once a month**
 - b) When used on weekends**
 - c) Every week**
 - d) Each time before you use it**

47. What is the purpose of Lockout/Tagout?

- a) To prevent the unexpected release of hazardous energy**
- b) To prevent work on electrical equipment**
- c) To reduce the number of electrical workers**
- d) To ensure every worker has a different kind of lock**

48. Which of the following statements about electricity is correct?

- a) Electricity can only cause minor injuries.**
- b) A small amount of electricity can harm you.**
- c) Electrical energy is used only to shut down equipment.**
- d) Electricity can only harm you on the job site.**

49. Can anyone install or remove lock and tag devices? Yes/No

50. What must be done before removing locks and tags?

- a) Complete inspection of the work area.**
- b) Make sure equipment is turned on.**
- c) Have bolt cutters available.**
- d) Be sure workers are working on the equipment.**

51. To prevent shock, portable power tools should be:

- a) Grounded or double-insulated**
- b) Industrial rated**
- c) Reconditioned**
- d) Heavy duty**

52. How far must unqualified persons and conductive objects stay from overhead lines with 132,000 Volts or less?

- a) 6 M or 20 Feet**
- b) 3.7 M or 12 feet**
- c) 7.6 M or 25 Feet**
- d) 1.5 M or 5 Feet**

53. What does “de-energized” mean?

- a) Equipment containing live voltage**
- b) Equipment containing less than 220 volts**
- c) Hazard energy removed and equipment locked and tagged out**
- d) Equipment containing only 110 volts**

VIII. Elevated Work

54. Personal fall arrest systems:

- a) Should fit loosely**
- b) Always need to be made of leather**
- c) Need to fit snugly and securely**
- d) Should not be worn at all**

55. When should you use fall arrest systems?

- a) Once a year**
- b) Twice a year**
- c) Before each use**
- d) Never**

56. Personal fall arrest systems with minor damage:

- a) May be used if the cuts are not too big**
- b) May be used if you're not too high**
- c) May be used if approved by your supervisor**
- d) Must not be used at all**

57. Why are guardrails needed at the leading edge of a scaffold?

- a) So workers can stand on them to reach higher**
- b) To keep workers from falling off the scaffold**
- c) To improve the look of the scaffold**
- d) It is the only place that is acceptable to tie off.**

58. When using a straight or extension ladder:

- a) Have someone stand under the ladder and hold it for you.**
- b) Make sure you carry your tools with you.**
- c) Have the proper slope from the wall (4-to-1 rule) and tie the ladder off at the top.**
- d) Stand on the top two steps to do your job or reach the platform.**

59. When using a straight or extension ladder and you need to reach higher, you should:

- a) Stand on the top two steps or rungs**
- b) Set the ladder on blocks**
- c) Stand on your tiptoes**
- d) Get a taller ladder**

60. What should you do when using a straight or extension ladder and something is just out of your reach?

- a) Have someone move the ladder sideways with you on it.**
- b) Jump up and down on the ladder to move it sideways.**
- c) Get off the ladder and re-position it.**
- d) Reach as far as you can.**

61. When is it recommended to inspect scaffolds?

- a) Once a week by a competent person**
- b) Before each work shift and after any occurrence that could affect it's structural integrity**
- c) Once a month by a competent person**
- d) OSHA does not require scaffold inspections**

62. What condition must scaffold planks be in?

- a) It doesn't matter what condition the planks are in.**
- b) They must not be dry-rotted nor have splits, cracks or water damage.**
- c) They must have a fresh coat of paint on all sides of the planks.**
- d) They must have slip-stops.**

63. The body harness anchorage point must be able to support a static load of how many pounds?

- a) 2000**
- b) 3000**
- c) 4000**
- d) 500**

64. When attaching / tying off my lanyard to an anchor point, the tie off point should be:

- a) At my ankles or lower**
- b) At my mid or waist level**
- c) Above my head**
- d) To any convenient electrical conduit pipe.**

- 65. When selecting a ladder, you should choose one that will hold how many times the maximum intended load?**
- a) Four times**
 - b) Six times**
 - c) Two times**
 - d) Five times**
- 66. Ladders and scaffolds can support up to how many times the intended load?**
- a) 10**
 - b) 6**
 - c) 4**
 - d) 8**
- 67. How far must a ladder extend above the landing?**
- a) A foot above the landing**
 - b) Two feet above the landing**
 - c) Three feet above the landing**
 - d) Even with the landing**
- 68. What must you do with ladders that have defects?**
- a) Send them to a different job.**
 - b) Remove them from service.**
 - c) Wire or nail them together.**
 - d) Mark with tags that say "use under emergency conditions only."**
- 69. Why are toe-boards required on scaffolds?**
- a) To keep tools and materials from falling off**
 - b) To keep the worker from falling off**
 - c) So the worker will have something to kick when he gets mad**
 - d) To protect the workers' feet from falling objects**

IX. Excavating, Trenching, & Shoring

- 70. Which of the following excavations would require protective systems such as shielding or shoring?**
- a) Excavations dug in stable rock**
 - b) Excavations 3 feet deep and having no cave-in hazards**
 - c) Excavations 5 feet deep with loose sandy soil**
 - d) Excavations dug 1 foot deep**
- 71. In an excavation 5 feet deep and 35 feet long, TT OSHA would require _____ point(s) of egress.**
- a) One**
 - b) Five**
 - c) None**
 - d) Two**
- 72. What is the name of a structure designed to prevent excavation cave-ins?**
- a) Trench**
 - b) Lanyard**
 - c) Shoring**
 - d) Ladder**

X. Process Safety Management-PSM

- 73. Under Process Safety Management (PSM) the Permit to Work system is important because?**
- a. It is a means of authorizing work to be done.**
 - b. It helps to ensure that low risk jobs are still assessed**
 - c. It helps manage jobs in a particular area.**
 - d. All of the above**
- 74. How is non-routine/hot work controlled?**
- a) Working during the winter months only**
 - b) By using a work permit system**
 - c) By conducting frequent fire drills**
 - d) Working shorter shifts**

XI. Job Hazard Analysis/Job Safety Analysis-JHA/JSA

75. What are some of the benefits of JHA/JSA?

- a) To get longer breaks**
- b) To recognize hazards and improve job planning**
- c) To eliminate supervision to job hazards**
- d) To improve sign postings**

76. What is one of the major steps in JHA?

- a) Identification of hazards**
- b) Tool box safety meetings**
- c) Posted lunch areas**
- d) Planned escape route**

**76. Only the employer must understand the hazards in a JHA:
True/False**

XII. Manual Handling & Work Equipment

77. When is it ok to remove the guard from the dangerous parts of a machine?

- a) When servicing the machine**
- b) Never**
- c) When properly locked out on the machine**
- d) Only when lubricating the machine**

78. When using an angle grinder with an abrasive wheel the required PPE is:

- a) Safety glasses**
- b) Face shield**
- c) Face shield and safety glasses**
- d) PPE is not required once I can turn my face away from the ejected sparks.**

XIII. General Employee Safety

79. When are harassment and horseplay allowed on the job?

- a) Never**
- b) During lunch breaks**
- c) While waiting for the supervisor**
- d) If approved by the supervisor**

80. What are facility security personnel allowed to search?

- a) Only lunch boxes at the gate**
- b) Only vehicles that are entering the facility**
- c) Your person, property, and vehicles**
- d) Vehicles on state owned highway in front of the plant**

81. You allowed to bring alcohol on a facility on a public holiday or Saturday: True/False

82. If smoking is authorized, where are you allowed to smoke in the plant?

- a) Designated smoking areas only**
- b) Inside a vehicle in the plant**
- c) Lunch room facilities**
- d) In the restroom**

83. Who should clean up chemical spills?

- a) The person who spilled the chemical**
- b) The supervisor**
- c) Trained and qualified personnel only**
- d) Janitorial personnel**

84. What does red barricade tape mean?

- a) It is ok to breach the tape as long as no one is looking**
- b) Once you observe the work in the area you can pass under**
- c) Only authorized persons who are immediately involved in the work can go under the tape into the work area**
- d) None of the above**

85. When can you operate Plant-owned equipment?

- a) When nothing else is available to complete the work**
- b) Anytime you want**
- c) Only when you are qualified and authorized**
- d) When you are wearing approved PPE**

86. Who may operate cranes?

- a) Qualified persons with a valid operator's license**
- b) Supervisors only**
- c) Employees with a forklift driver's license**
- d) Employees with white hard hats**

87. What are Danger Signs used to indicate?

- a) Immediate hazards**
- b) Traffic control**
- c) Potential hazards**
- d) Fire danger only**

88. Why are permits issued?

- a) To track the number of employees on the job**
- b) To give workers authorization and address hazards of the job**
- c) To determine all billable hours for each phase of the job**
- d) To list the type of alarms used in the plant**

89. What are the classes of fire?

- a) 1, 2, 3, and 4**
- b) A, B, C and D**
- c) AA, BB, CC, and DD**
- d) Small, medium, large, and uncontrollable**

90. What information is on a fire extinguisher label?

- a) Easy ways to lift the extinguisher**
- b) The class of fire the extinguisher can be used for**
- c) The size of fire that can be fought using the extinguisher**
- d) If the extinguisher can be used for home or industrial use**

91. What is a confined space?

- a) A place where work cannot be performed**

- b) An open work area with an oxygen level
- c) A space not designed for continuous occupancy
- d) A space always marked with exit signs

92. What is the importance of emergency alarms?

- a) To notify employees of immediate danger
- b) To notify employees when to call their supervisor
- c) To provide a way to call for a local ambulance
- d) To signal the startup of equipment

93. What accidents should be reported?

- a) Only the ones that require medical attention
- b) All accidents no matter how minor
- c) Only when a major injury occurs
- d) Accidents that occur during the day shift only

94. What is a fuel source of a Class D fire?

- a) Wood, paper, cloth
- b) Flammable and Combustible liquids
- c) Combustible metals
- d) Ammonia and Acid

XIV. ENVIRONMENT

95. Oily waste such as contaminated rags should be:

- a) Disposed of in general garbage
- b) Buried on site
- c) Collected, separated as hazardous waste, labeled and disposed of in a proper manner
- d) None of the above

96. Spills such as oils, acid and other hazardous chemicals should be:

- a) Washed down the drain
- b) Left for the rain to wash away
- c) Reported to Plant supervision, cleaned up and disposed of in an appropriate manner
- d) All of the above

- 97. Which of the following regulations are in effect in Trinidad & Tobago**
- a) Water Pollution Rules**
 - b) Noise Pollution Rules**
 - c) Sensitive Species and Sensitive areas**
 - d) All of the above**

End of List