The BSO Plus Safety Refresher is an annual checkpoint designed from BSO Plus content. Completing this refresher is a requirement for the Basic Safety Recertification (BSR) course, so please ensure you submit this completed test to your employer for record retention.

TEST QUESTIONS: ANNUAL SAFETY REFRESHER

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1. The Occupational Health & Safety Act defines the minimum requirements for health and safety standards in Ontario. Punishment for a person convicted of not complying with the OHSA could include:
   a. Fines for a company
   b. Fines for a worker
   c. Jail time
   d. All of the above

2. Match the following list of organizations to their purpose.
   a. Ministry of Labour ______
      Enforces the OHSA
   b. Health and Safety Ontario ______
      Medical clinics for sick or injured workers
   c. Workplace Safety and Insurance Board ______
      Insurance benefits for sick or injured workers
   d. Occupational Health Clinics for Ontario Workers ______
      Occupational health & safety consulting, training, products and services

3. Match the following worker rights to one example of how those rights may be exercised.
   a. Right to Know ______
      You report to your supervisor that a piece of equipment is not functioning properly and unsafe to use
   b. Right to Participate ______
      You take WHMIS Training
   c. Right to Refuse ______
      You join your Joint Health and Safety Committee or become a Health and Safety Representative
4. Your employer supports your “Right to Know” about health and safety hazards in the workplace by providing you with:
   a. WHMIS training
   b. Safety talks
   c. Written job instructions (where prescribed)
   d. Bulletins
   e. All of the above

5. A designated substance is a biological, chemical or physical agent to which the exposure of a worker is regulated and controlled by the Ministry of Labour, due to the risk of:
   a. Cancer
   b. Organ damage
   c. Death
   d. All of the above

6. There are 11 designated substances that are regulated under Regulation 490 of the Occupational Health and Safety Act. If you may be exposed to any of these substances in the workplace, your employer has a legal duty to put in place a written plan specific to each designated substance.
   a. True
   b. False

7. The use of a respirator and gloves is always a requirement for working with any designated substances.
   a. True
   b. False

8. The Supplier Label contains important information to warn and inform workers. Under WHMIS 1988, what makes the Supplier Label easy to recognize?
   a. The cross-hatched border
   b. The WHMIS hazard symbols
   c. The colour
   d. The cross-hatched border and WHMIS hazard symbols

9. Material Safety Data Sheets (which are called “Safety Data Sheets” under the new WHMIS 2015) must be:
   a. Made available to all workers by the employer
   b. Less than 3 years old
   c. Made available in English and French by the supplier
   d. All of the above
10. Effective workplace communication is a combination of methods and tools your employer implements to share information about health and safety and to help you identify potential hazards in the workplace. These communication methods may include:

   a. Observation Based Safety (OBS)
   b. Task Analysis Safety Card (TASC)
   c. Last Minute Risk Assessment (LMRA)
   d. All of the above

11. A significant benefit of Observation Based Safety is that:

   a. It allows for immediate feedback
   b. It reinforces safe behaviour and identifies potential at-risk behaviour
   c. It is proactive rather than reactive
   d. All of the above

12. Completing a TASC card should be done by the junior person on a work crew to teach them how to look for hazards.

   a. True
   b. False

13. When a worker is conducting a LMRA, they must ask themselves:

   a. How long will this job take?
   b. What tools do I need for this job?
   c. What could happen if something goes wrong?
   d. All of the above

14. Which of the following precautions can help you avoid heat stress: (circle all that apply)

   a. Schedule frequent work breaks or for work to be completed during a cooler part of the day
   b. Eat a large meal before beginning work
   c. Wear loose, lightweight clothing
   d. Drink small amounts of water throughout the day instead of waiting until you are thirsty

15. When the body has used up all its water and salt reserves, it will stop sweating. This can cause the body’s core temperature to rise. This condition may develop suddenly or may follow from heat exhaustion. Which of the following disorders does this describe?

   a. Heat Rash
   b. Heat Cramps
   c. Heat Exhaustion
   d. Heat Stroke

16. Which of the following actions will help minimize housekeeping hazards?

   a. Clean up after yourself throughout the day
   b. Store tools and materials in a clean and organized manner
   c. Only clean up at the end of a task
   d. (a) & (b) only
17. Before beginning work, Operations and the Permit Receiver, must review the Safe Work Permit and ensure both parties have a clear understanding and agreement of the work involved.
   a. True
   b. False

18. There is only one type of safe work permit.
   a. True
   b. False

19. The following are examples of “Cold Work” (Circle all that apply):
   a. Valve adjustment
   b. Welding
   c. Flame cutting
   d. Brush painting
   e. Grinding

20. Non-friable asbestos could be found in undamaged: (circle all that apply)
   a. Vinyl Flooring
   b. Drywall compound
   c. Sprayed fireproofing
   d. Ceiling Tiles

21. Asbestos containing material (ACM) will always be clearly marked in the workplace.
   a. True
   b. False

22. Prolonged inhalation of asbestos fibres may cause:
   a. Lung Cancer
   b. Asbestosis
   c. Mesothelioma
   d. All of the above

23. Refractory Ceramic Fibres (RCFs) are man-made mineral fibres. In bulk form, RCFs are:
   a. Blue and red fibrous material
   b. White or grey fibrous material
   c. Turned into a blue liquid used for coatings
   d. None of the above

24. RCFs are safe to use and do not require any safe handling procedures.
   a. True
   b. False
25. If your work partner goes down in an H₂S area, you should: (Circle all that apply)
   a. Smell the air to check for H₂S
   b. Notify area personnel and contact the rescue team
   c. Quickly go in and rescue him or her
   d. Follow all site specific procedures

26. Where would H₂S be most likely to collect in the event of a spill or leak?
   a. Ditches
   b. Trenches
   c. Ceilings
   d. (a) & (b) only

27. Ontario Regulation 213/91, Section 26 states that fall protection equipment is required when a worker could be exposed to the hazard of falling more than 3 meters (10 feet), but the Safety Partnership best practice is to use fall protection equipment when working above:
   a. 3 feet
   b. 6 feet
   c. 10 feet
   d. 12 feet

28. If a guardrail must be temporarily removed, workers must:
   a. Wear proper travel restraint or fall arrest systems
   b. Be tied off at all times
   c. Stop work until the guardrail has been restored
   d. (a) and (b) only

29. A 3-tag system is used for scaffold inspections. What should you do if a scaffold has no tag?
   a. It is safe to use
   b. Take extra precautions while using the scaffold
   c. Treat it as if it has a red tag, it is not safe to use
   d. None of the above

30. When climbing up or down an extension ladder:
   a. Carry tools in a tool belt
   b. Maintain 3 point contact
   c. Ensure the ladder is tied off at top and/or bottom
   d. All of the above

31. It is acceptable to ignore flashing lights at a railroad crossing as long as you are positive that you can beat the train.
   a. True
   b. False
32. While driving to work, you should: (Circle all that apply)
   a. Wear your seatbelt
   b. Obey all traffic rules and signs
   c. Respond to a text only if it’s an emergency
   d. Adjust all controls prior to operating the vehicle

33. Some examples of common Musculoskeletal Disorders (MSD) injuries are: (circle all that apply)
   a. Sprains and strains
   b. Herniated Disks
   c. Cuts and bruises
   d. Carpal tunnel

34. Which factors should you assess to determine the degree of an ergonomic hazard? (Circle all that apply)
   a. Repetition
   b. Rotation
   c. Posture
   d. Force

35. Which should you do to protect yourself from cold stress?
   a. Dress in layers of clothing
   b. Wear a wool cap or liner under your hardhat
   c. Stay hydrated by drinking non-caffeinated beverages or soup
   d. Follow your employer’s safe work procedures for cold environments
   e. All of the above

36. People who work in cold environments or are exposed to extreme cold may be at risk of cold stress. Cold stress occurs when your body shifts blood flow from your extremities (hands, feet, arms, and legs) and outer skin to your core (chest and abdomen) as a means of protecting your internal organs.
   a. True
   b. False

37. Some conditions that could lead to a slip, trip or fall might be:
   a. Walking backwards
   b. Slippery surfaces
   c. Ruts and tire tracks
   d. Not paying attention to surroundings
   e. All of the above
38. If you come across a slip, trip, or fall hazard that you are unable to correct, you should:
   a. Cover the problem with some plywood
   b. Mitigate the hazard and report the problem to your supervisor
   c. Avoid the area
   d. Leave the problem for somebody else to fix

39. Which of the following requirements must be met for a space to be considered a “confined space” under the Occupational Health and Safety Act? (Circle all that apply)
   a. Be fully or partially enclosed
   b. Be fully enclosed
   c. Be a space not designed and constructed for continuous human occupancy
   d. Be a space in which atmospheric hazards may occur because of its construction, location or contents or because of work that is done in it

40. Which of the following is false:
   Some of the responsibilities of a Confined Space Safety Attendant are:
   a. Be assigned by the employer any time a worker is to enter a confined space
   b. Be provided with an adequate device for summoning a rescue response team
   c. Be stationed outside and near the entrance of the confined space
   d. Log entrants in and out
   e. Enter the confined space to rescue the entrant in the event of an emergency