

Fredrikson Group of Companies

EMPLOYEE CORE SAFETY TRAINING TEST

Employee's Name: _____

Total Score: _____ Date of Hire: _____ Date: _____

Test must be completed by Date instructed by Supervisor. Date: _____

1.0 RESPONSIBILITIES OF AN EMPLOYEE

- a. An employee is accountable & responsible to:
 - a. follow proper job safe procedures (JSP's)
 - b. be aware of and comply with all Company Safety Policies and WCB Regulations that pertain to, safely perform your tasks
 - c. report unsafe acts/conditions to you Supervisor
 - d. promote a positive attitude toward accident prevention
 - e. all of the above

- b. Place a tick beside anything that is the responsibility of a "worker":
 - Wear all necessary "Personal Protection Equipment"
 - Know the locations of Fire Exits, Fire Extinguishing Equipment & Emergency Equipment for each job-site you work at
 - Inspect your equipment & work area regularly, for safety hazards
 - Attend a Site Specific Workers Safety Orientation Session when starting at a new job-site
 - Follow "Job Safe Procedures" & General Safety Rules
 - Attend weekly "Tool Box" Meetings at your job-site
 - Report "Unsafe Acts or Conditions" to your Supervisor
 - Report Accidents/Incidents to your Supervisor

- c. The following examples: Hard Hat, Steel Toed Boots, Safety Glasses or Goggles, Hearing Protection & Work Gloves are:
 - a. Task Specific Personal Protective Equipment
 - b. Standard Safety Personal Protective Equipment

- d. "Leg Guards or Chaps" are considered "Task Specific" PPE? **True False**

2.0 GENERAL SAFETY RULES

- a. You must obtain a "Hot Work" Permit before commencing any Hot Work Activity? **True False**

- b. Safety glasses must be worn in any area where there may be a hazard to the eye? **True False**

- c. You are required to wear safety glasses or goggles when:
(Check the correct answer(s))
- Chipping
 - Grinding
 - Mixing
 - Working at heights
 - Cutting
 - Burning
 - Welding Operations
 - Working over water
 - High pressure hoses
- d. You require appropriate training before operating any power equipment? **True False**
- e. Ear protection is required when welding overhead? **True False**
- f. When lifting a load, your back should be straight and knees bent. Your legs should do the work? **True False**
- g. When should you get help to lift a load: (Check the correct answer(s))
- If the load is too heavy
 - If the load is an awkward size
 - If the position you are to place it in, is awkward and would require you to twist or over extend your back

3.0 FIRE PREVENTION & PROTECTION

- a. Place a check beside all work activities that require you to apply to the client for a “Hot Work” Permit or check with your Supervisor, before commencing work:
- Arc Welding
 - Acetylene Welding
 - Chain Saw Operation
 - Grinding where sparks are produced
 - Open Electrical Equipment
 - Flame Cutting
 - Other activities or equipment, which may cause dust explosions or fire
- b. You must first apply to the client/owner for a “Hot Work” Permit, if they don’t require this you must then advise your Supervisor where you will be working?
True or False
- c. If the hot work process is to be performed near automatic sprinkler heads, smoke detectors or automatic fire alarms, you must place damp cloth guards or fire resistant shields over these devices, to prevent activation?
True or False

Choose from the following words to fill In the Blanks:

grease *15m (50')* *guarding* *confine* *move* *free* *wetting*
ceiling *lock out* *sweep* *rubber* *completion* *floor* *seal*
electrical

Fire Prevention Procedure:

- a. Whenever practical, _____ the object to be welded or cut, to an area _____ from fire hazards.
- b. If the object can't be moved, then make sure all movable fire hazards are removed to a safe minimum distance of _____. Be aware of hazards such as sawdust, oil and _____ that might be in the area.
- c. If the object can't be moved and the moveable fire hazards cannot be moved, then appropriate _____ must be used to _____ the heat, spills and slag, to protect the immovable fire hazards.

When the nature of the work to be performed falls within the scope of "c" noted above, the following pre-cautions must be taken:

- a. _____ combustible floors clean and protect them by thoroughly _____ with water, cover with wetted soil or protect with fire resistant shields, including the _____ below, or _____ & braces above, if combustible.

Note: Ensure to protect yourself from _____ shock, when the floors are wetted down, by taking the following precautions; ensure you _____ the cable joints in plastic or tape, elevate the cable and wear _____ boots.

- b. If you are working in an area containing equipment which can move a smoldering spark or burning dust, like conveyors, it may be necessary to shut down and _____ the equipment, while work is being performed and for ½ an hour after _____. Talk to your Supervisor to determine if this is necessary.

Choose from the following words to fill In the Blanks:

Sand *Hoses* *Windows* *Portable* *15m (50')* *Combustible*
Wash *Protect* *Located* *Openings* *Doors* *Disciplinary*

- c. Ensure all _____ & _____ are closed. All openings in the floors and walls within _____ must be tightly sealed. If the possibility exists, of sparks leaking through floor openings or cracks onto _____ materials, precautions must be taken to _____ these materials. The same precautions must be taken with any _____ that may allow sparks to ignite combustible materials in adjacent areas.

- d. Approved fire-extinguishing equipment appropriate to the fire hazard must be _____ and accessible to you at your location of work. Some approved fire-extinguishing equipment is:
- Fire _____ (Charged – Use if equipment is particularly vulnerable)
 - _____ Hose (Charged – Ensure wash hose is adequate for the hazard)
 - _____ Fire Extinguisher (Ensure expiry date is valid)
 - Buckets of _____ (Ensure this would be adequate for the potential hazard)

Failure to comply Fire Prevention Procedure will result in _____ action.

Choose from the following words to fill In the Blanks:

Exposed
Leave

Openings
Easily

15m (50')
30 Minutes

fire alarm
Location

Fire Watchers

Some situations will require the use a “*Fire Watcher*”. A “*Fire Watcher*” must be assigned & trained in fire watching duties, whenever hot work is performed in locations where the following conditions exist:



- a. Combustible material is closer than _____ to the point or site of the hot work.
- b. Combustible material is more than 15m (50') away but is _____ ignited by sparks.
- c. Wall or floor _____ within a 15m (50') radius expose combustible material.
- d. Combustible material is adjacent to the opposite side of metal partitions, wall ceilings or roofs and is likely to be ignited by 1) **heat conduction** or 2) **heat radiation**.

If you are acting as the “Fire Watcher” you must understand and perform the following duties:

- a. Know the _____ of all available approved fire-extinguishing equipment. Know how to use this equipment and make it accessible to you.
- b. Know the location of the nearest _____.
- c. Watch for fire in all _____ areas (including floors above & below if sparks are able to travel to these areas)
- d. Know to extinguish only those fires that are within the _____ of the available fire-extinguishing equipment

- e. Never _____ the hot work area unattended. You must arrange for another worker trained in Fire Watching duties to cover you for breaks, lunch or anytime you need to leave the area
- f. Continue the fire watch duties for at least _____ after completion of work. Advise your supervisor you have completed the process, before leaving.

4.0 LOCK OUT PROCEDURE



If the possibility of unexpected energization or startup of machinery or equipment or the unexpected release of an energy source could cause injury, you must ensure you are adequately trained and understand how to lock out that energy source.

- a. Name four (4) Sources of energy, where the Lock Out procedure is required:

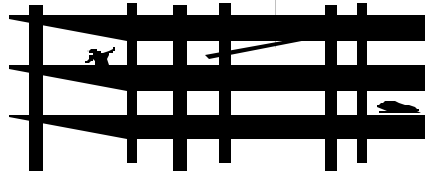
- 1. _____
- 2. _____
- 3. _____
- 4. _____

Circle the correct answer:

- b. "Lock Out" procedure must be followed anytime machinery or equipment is shut down for maintenance, modifications & installations and anytime work is to be performed over operating machinery or equipment. **True False**
- c. Each person working on the same machine is to install their own locks. **True False**
- d. It is o.k. to loan or borrow locks? **True False**
- e. If a lock is left on by error it is o.k. for anyone to remove it? **True False**
- f. After locking out, you must test/check the equipment to ensure that it cannot be Operated? **True False**
- g. If you are not clear on any steps of the "Lock Out" procedure you should just guess and hope you don't die? **True False**
- h. When pulling the switch, you should stand on the hinged side of the switch and turn your head away? **True False**
- i. If you forget to remove your lock, you will be called back at anytime to remove it and you will be paid for your time? **True False**

5.0 FALL PROTECTION

Please choose one of the following definitions, to fill in the blanks below with the correct meaning:



FALL ARREST SYSTEM

FALL RESTRAINT SYSTEM

FALL PROTECTION SYSTEM

1. _____ : Means any of the following when used to protect a worker from a fall or minimize the risk from falling:
 - a. Guardrails
 - b. Safety belt or full body harness with a lanyard and/or lifeline and an anchor, and their related equipment
 - c. Safety net
 - d. Control zone
 - e. Safety monitor with a control zone

2. _____ System

Means a work positioning system to prevent a worker from falling from a work position, or a travel restriction system such as guardrails or a personal fall protection system to prevent a worker from travelling to an edge from which he/she could fall.

3. _____ System

Means a system that will stop a worker's fall before the worker hits the surface below.

Fall Protection Procedure: Choose from the following words to fill in the blanks:

5 feet 15 feet 10 feet 25 feet dangerous double
listen respond comply disciplinary firing unusual

1. You must use a "Fall Protection" system anytime your work is being done at a place:
 - a. from which a fall of _____ or more can occur, or
 - b. where a fall from a lesser height involves an _____ risk of injury for example working over water, protruding rebar, pits and tanks.
2. You must refer to a "Site Specific Fall Protection Plan" anytime you perform work at a height of _____ or more.
3. Failure to _____ with Fall Protection Procedure will result in _____ action.

6.0 CONFINED SPACE ENTRY

A “Confined Space is an area, (other than an underground working) that:

- is enclosed or partially enclosed,
- is not designed or intended for continuous human occupancy,
- has limited or restricted means for entry or exit that may complicate the provision of first aid, evacuation, rescue or other emergency response service, and
- is large enough and so configured that a worker could enter to perform assigned work.
- any or all of the above

Choose the correct word to fill in the blank:

Always *Occasionally* *Never* *Sometimes* *Often*

- You must _____ enter a confined space until you and your supervisor have together completed a “Site Specific Confined Space Entry Plan” form.

7.0 W.H.M.I.S. (Working with Controlled Products)

- Write the correct name beside the symbol. Choose your answer from the following:

Oxidizing Material

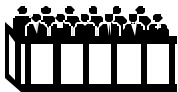
Flammable & Combustible Material

Dangerously Reactive Materials

Corrosive Materials

Compressed Gases

Poisonous & Infectious Materials



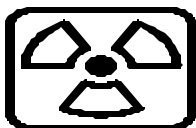


_____ & _____ or _____



_____ & _____





Check the correct answer(s):

- b. Controlled Products Commonly Found on our Job-sites:
- Oxygen
 - Acetylene
 - Water
 - Gasoline
 - Diesel
 - Propane

Circle the correct answer:

- c. It is your responsibility to ensure controlled products used by yourself, are labeled to remind yourself and alert others to the identity and dangers of that product and to basic safety precautions. **True False**
- d. It is o.k to remove, deface, modify or alter labels on controlled products. **True False**
- e. If a label becomes damaged or is unreadable, it must be replaced. **True False**
- f. If a controlled product is to be transferred to another container other than the container in which it was received from the supplier, a label with all information found on the label of the original container must be placed on the new container. **True False**
- g. MSDS stands for Material Safety Data Sheet. **True False**
- h. A MSDS is a technical bulletin that provides detailed hazard and precautionary information and First Aid Measures about the controlled product. **True False**
- i. As an employee you are responsible to review the MSDS and be familiar with the precautionary measures and first aid measures, for all controlled products you use on the job site. **True False**
- j. As contractors on the clients' property, you are required to follow the clients/owners Fire & Evacuation Procedures. **True False**
- k. The purpose of following the "Spill Containment" (of controlled products) procedure, is to minimize damage to equipment. **True False**
- l. The purpose of following the "Spill Containment" (of controlled products) procedure, is to minimize damage to the environment. **True False**
- m. A spill that occurs near lakes, streams, creeks or oceans should be treated no different than a spill that occurs on the shop floor. **True False**
- n. When cleaning up a hazardous or controlled product spill, it is not necessary to wear personal protective safety equipment. **True False**

8.0 LOCATION OF FIRE EXITS, EXTINGUISHERS, EMERGENCY EQUIPMENT, FIRST AID FACILITIES & HOW TO CALL FOR HELP

- a. As a rule, while working on a client/owners site, we will use the client/owners First Aid Facilities. You will learn where the First Aid Station is located and how to summon First Aid if necessary through:
 - a. Head Office
 - b. A Safety Orientation/Indoctrination Session provided by the client/owner
 - c. Your buddies
- b. If the client/owner does not provide a Safety Orientation session and you are unsure of the location of Fire Exits, Emergency Equipment and First Aid, you should:
 - a. Not worry about it, it's not important
 - b. Ask your Supervisor
 - c. Ask your Partner

9.0 REPORTING UNSAFE CONDITIONS & YOUR RIGHT TO REFUSE WORK

- a. If you believe that carrying out a work process or operating a tool or equipment will create a safety hazard to yourself or your co-workers, you should:
 - a. Not worry about it, it will probably be o.k.
 - b. Tell your Supervisor
 - c. Call WCB

10.0 WRITTEN WORK PROCEDURES (JSP – JOB SAFE PROCEDURES)

- a. JSP or Job Safe Procedure is another name for Written Work Procedure.

True False
- b. A Job Safe Procedure ensures:
 - a. that work is carried out in a safe manner
 - b. that all dangers likely to be encountered while performing the work are eliminated or effectively controlled
 - c. neither a or b
 - d. both a & b

11.0 ON-THE-JOB TRAINING: Check all correct answer(s)

- a. You may receive “On-The-Job” training:
 - If you are new to our company or new to the job-site
 - If you are considered to be a young worker
 - If you request it
 - If new equipment or tools are introduced

12.0 SAFETY INSPECTIONS: Check all correct answer(s)

- a. As a worker, you are responsible to perform safety inspections on:
 - Rigging Devices you will be using
 - Safety Equipment
 - Super Structures
 - Equipment you will be using
 - Tools you will be using

13.0 TOOL BOX SAFETY MEETINGS: Circle the correct answer(s):

- a. The purpose of a Tool Box Safety Meeting is to:
 - a. Have a break from work
 - b. Prevent accidents from happening
 - c. To get out of the rain

- b. Who may attend the Tool Box Safety Meeting:
 - a. All crew members working on-site
 - b. Supervisors
 - c. Owner/Client representatives
 - d. WCB Officers
 - e. Company Safety Coordinators
 - f. All of the above

14.0 PROGRESSIVE DISCIPLINARY PROCESS

- a. Choose from the following answers, to fill in the blanks below:

<i>Termination</i>	<i>Verbal</i>	<i>Suspension (Without Pay)</i>	<i>Written</i>
Step One =	_____	_____	Warning
Step Two =	_____	_____	Warning
Step Three =	_____	_____	
Step Four =	_____	_____	

- b. From the following list, place a check beside all violations that are considered to be of a serious nature and will immediately result in a Suspension With-out Pay or Termination:

- Under the influence of Drugs or Alcohol
- Smoking outside designated areas
- Lock-Out Violations
- Fall Protection Violations
- Talking Back to your Supervisor
- Confined Space Entry Violations
- Fire Prevention & Protection Violations
- Obvious Disregard for Safety of Self or Others
- Fighting or Violence in the workplace
- Theft or Vandalism

- c. Choose from the following words and fill in the blanks:

<i>Procedures</i>	<i>Equipment</i>	<i>Rules</i>	<i>Practices</i>
<i>Risks</i>	<i>Dates</i>	<i>WCB Regulations</i>	

As an employee, you must comply with all company safety _____,
_____ & _____, as well as comply with
_____. Failure to do so, will result in
disciplinary action.

15.0 SAFETY ATTITUDES: Circle the correct answer(s)

- a. Who is responsible for creating a safe working environment?
a. Employer (Management)
b. Workers
c. Supervisors
d. All of the above
- b. As an employee, I am not responsible for watching out for the safety of my partners or co-workers". **True False**
- c. If I am aware of a safety hazard else where on the job-site, I shouldn't worry about it, because it's not my problem. **True False**
- d. If I'm not sure how to use a new tool or equipment, I should just try it on my own first, before asking for instruction. **True False**
- e. As an employee you are responsible to:
a. follow job safe work procedures
b. be aware of and comply with all Safety Policies & WCB regulations that pertain to safely perform your tasks,
c. report unsafe acts/conditions to you supervisor
d. promote a positive attitude towards accident prevention
e. all of the above
- f. I make the difference between a safe or unsafe job-site! **True False**

Please return Core Safety Training Manual with your completed Test and all completed new hire package forms to your supervisor.

**Thank you, and Work Safely.
Your life is in your own hands.**