

## Preventing Slips, Trips and Falls Quiz

**1. When setting up a straight or extension ladder, the \_\_\_\_ rule dictates how far the base of the ladder should be away from the wall.**

- 3:1 rule
- 4:1 rule
- Common sense
- 2:1 rule

**2. Which of the following techniques can be used to eliminate slip, trip and fall injuries associated with manually carrying items?**

- Use material handling aids such as carts and dollies
- Carry only an amount of items that allow you to see where you are going
- Walk the path to your destination to make sure it is clear
- All of the above

**3. You need to change a light bulb in the storage building behind your facility. The only ladder available is an 8' stepladder, which requires you to stand on the top step in order to reach the required height. You should:**

- Use the 8' stepladder, as it allows you to complete the job quickly
- Use the 8' stepladder, but have another employee hold it steady for you
- Secure another ladder from the main facility that allows you to complete the job safely
- None of the above

**4. When walking on snow and/or ice, which of the following techniques can be used to reduce the risk of slips and falls?**

- Walk in designated areas as much as possible
- Take short steps, almost to the point of shuffling your feet
- Point toes outward, bend forward slightly and walk flat footed
- All of the above

**5. Which of the following is NOT an example of good housekeeping?**

- Removing items like boxes and pallets from designated aisles
- Laying tools out on the floor to easily locate the one you need for the job
- Cleaning up spills immediately
- Sweeping up accumulations of dirt and debris and placing them in the proper receptacle

**6. Which of the following techniques should NOT be used to avoid trips and falls associated with electrical cords?**

- Tape or otherwise secure cords to the floor
- Run cords through the ceiling rafters and secure them with rope or ties
- Avoid using cord-and-plug connected equipment during the busiest time of the day
- Inform your supervisor of areas where extension cords are commonly used, as additional outlets may need to be installed

**7. If you fall, it is best to put your hand down and try to absorb the force of the fall with your hand, wrist and arm.**

- True
- False

**8. When entering a building during winter weather, which of the following techniques should NOT be used to reduce the risk of slips and falls to you and your coworkers:**

- Pay attention to wet floor signage
- Quickly pass by entrance mats, stepping on them only once or twice
- Inform your supervisor of any accumulations of snow, ice or other moisture
- Kick off snow and ice outside the building

**9. You should inspect your ladder for damage before each use.**

- True
- False

**10. Which of the following items would NOT be considered a slip, trip or fall hazard on a stairway?**

Items such as tools, cardboard boxes and papers stored on the stairway

Well maintained handrails

Snow, ice or other moisture on the stair treads

Loose or damaged floor coverings