

ANNUAL REVIEW POST TEST

Name: \_\_\_\_\_

Area: \_\_\_\_\_ Date: / /

Directions: Read each question and answer it correctly. Enter your answer on the Post Test Answer form, do not write on the test. You may review information in the Annual Review Packet at any time during this post-test.

1. The three basic elements that must be present for a fire to occur are:
  - a. Wood, paper, and a flammable gas.
  - b. Oxygen, fuel and wood.
  - c. Oxygen, fuel and heat.
  - d. Oxygen, nitrogen, and heat.
  
2. You can help prevent fires by:
  - a. Smoking in designated areas.
  - b. Storing oxygen and other flammable gases in designated areas only.
  - c. Keep hallways and doors free from obstruction.
  - d. Never prop open fire doors.
  - e. All of the above.
  
3. List the steps to be followed when a fire alarm sounds.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  
4. What type of fire extinguisher would you use on an "A" type fire?
  - a. B-C
  - b. Halon
  - c. B
  - d. C
  - e. A or A-B-C

5. What type of extinguisher should you use on a type "B" fire?

- a. Halon
- b. A
- c. C
- d. B, B-C, or A-B-C

6. What type of extinguisher should you use on a type "C" fire?

- a. Halon
- b. A
- c. B
- d. C, B-C or A-B-C

7. What type of fire extinguisher should you use on a computer fire?

- a. B-C
- b. Halon
- c. A
- d. B
- e. C
- f. A-B-C

8. What are the steps to follow when using a fire extinguisher to put out a fire?

(List in order 1-4)

- |   |  |
|---|--|
| ___ a. Aim at the base of the flames    | ___ c. Pull the pin                          |
| ___ b. Move the spray from side to side | ___ d. Squeeze handle while holding upright. |

9. Where is the extinguisher located in your work area?

\_\_\_\_\_

10. An MSDS is a \_\_\_\_\_ and is used to specifically identify the \_\_\_\_\_ in your work area.

11. Guidelines to follow when handling any hazardous material include: (Circle all that apply)

- a. Use shortcuts whenever possible
- b. Use proper handling techniques.
- c. Read labels after handling materials
- d. Dispose of chemicals properly
- e. Know emergency procedures.
- f. All of the above.

12. Where is the MSDS manual located in your facility? \_\_\_\_\_

13. Functions of a healthy back include:

- a. Allow flexibility
- b. Protect the spinal cord.
- c. Support the upper body.
- d. All of the above.

14. "Do's" of good body mechanics include: (circle all that apply)

- a. When driving, slide forward in the seat.
- b. Wear comfortable shoes when walking or standing.
- c. Bend with your knees and not your back.
- d. Sleep on a soft mattress.
- e. When sitting, use a cushion behind your lower back.
- f. Lift with your legs.
- g. All of the above.

15. Describe two exercises that can be done to relieve stress.

1. \_\_\_\_\_
2. \_\_\_\_\_

16. To prevent repetitive motion strain, you should check your \_\_\_\_\_; and adjust your \_\_\_\_\_ and use work station \_\_\_\_\_

17. Ways to protect your back when you are lifting a patient or object are:

- a. Tighten your stomach muscles as you push.
- b. Bend your knees and hips, not your back.
- c. Reach only as high as the top of your head.
- d. Get as close to the object as possible
- e. All of the above.

18. What are the steps to follow when lifting or moving a patient? (List in order)

- a. Adjust the equipment. \_\_\_\_\_
- b. Lift in unison. \_\_\_\_\_
- c. Assess the situation. \_\_\_\_\_
- d. Slide the patient. \_\_\_\_\_
- e. Use your arms and legs to lift. \_\_\_\_\_
- f. Position the equipment properly. \_\_\_\_\_
- g. Hold the patient close to your center of gravity. \_\_\_\_\_

19. What are the two most common Blood-borne Pathogens that may infect health care workers?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

20. Ways you can protect yourself from infectious diseases include:

- a. Take the HBV Vaccine, Use required equipment and labels: handle sharps carefully.
- b. NEVER bend ,break or recap needles; Wear gloves, Wear Personal Protective Equipment
- c. NEVER reach into trash containers to retrieve an object: Place contaminated waste into proper receptacles; Cover cuts and scrapes with appropriate bandages.
- d. Practice correct hand washing techniques.
- e. Use universal precautions.
- F All of the above.

21. Practicing \_\_\_\_\_ means ALL patients, regardless of diagnosis, are treated as potentially infectious.

22. What precautions should be taken to protect yourself from tuberculosis?

- a. Help identify persons suspected or known to have active TB.
- b. Follow isolation procedures.
- c. Instruct patients to cover their mouths when they cough or sneeze, or put a mask on patient, if they will tolerate it.
- d. Wear a facemask where appropriate.
- e. All of the above.

23. When you are injured you must complete an \_\_\_\_\_.

24. To avoid injury, it is important to:

- a. Follow all Allied Safety Policies
- b. Report unsafe working conditions
- c. Practice Universal Precautions.
- d. All of the above.

25. After you complete an incident report, you should submit it to your \_\_\_\_\_.