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Continuing Education Course #457
Heavy Civil Construction Safety
Part 2. Personal Protective Equipment

1. What does OSHA stand for?
 - a. The Occupational Safety and Health Administration
 - b. The Occupational Safety and Health Act of 1970
 - c. The Occupational Safety and Health Association
 - d. The Occupational Support and Health Administration
2. Which OSHA Standard Governs hardhats for the construction industry?
 - a. OSHA 29 CFR 1910.135
 - b. OSHA 29 CFR 1926.100
 - c. OSHA 29 CFR 1926.135
 - d. OSHA 29 CFR 1910.100
3. What does ANSI stand for?
 - a. American National Standards of Industry
 - b. Association of National Standards Institute
 - c. American National Standards Institute
 - d. Association of National Safety Infrastructure
4. Which hard hat is classified to withstand up to 20,000 Volts of electricity?
 - a. Class G
 - b. Bump Hats
 - c. Class C
 - d. Class E
5. OSHA requires eye protection for injuries from:
 - a. Physical, Chemical, & Psychological exposure
 - b. Earth, Wind, & Fire exposure
 - c. Physical, Chemical, & Radiation exposure
 - d. Electrical, Chemical, & Radiation exposure
6. In addition to eye protection for impacts and debris, employees performing gas welding operations should also have:
 - a. A hardhat with a fully front visor
 - b. A good pair of sunglasses
 - c. Shade number 5 minimum tinted safety lenses
 - d. none of the above
7. What is not true concerning eye protection for personnel with prescription glasses?
 - a. Personnel can use their prescription glasses for safety glasses if they have high impact lenses
 - b. Personnel with high impact prescription glasses should also consider using side shields for most operations

- c. Personnel can utilize safety goggles or safety glasses that fully cover their prescription glasses
 - d. Eyes are considered protected as long as any glasses are worn
8. If an employee wears a hearing protection device with a NRR of 22 dBA and doubles his distance from a noise source, what is the highest dBA of the noise a worker can be exposed for 8 continuous hours?
- a. 88 dBA
 - b. 98 dBA
 - c. 108 dBA
 - d. 118 dBA
9. If OSHA states workers can spend eight hours at a level of 90 dBA without harming their hearing, from the provided generally accepted noise level comparison, which exposure could a worker safely perform for 8 continuous hours.
- a. Normal Conversations with fellow employees
 - b. Operation of an Electric Motor
 - c. Operation of a Power Saw
 - d. Both A & B
10. According to OSHA table G-16 how long can workers be exposed to a sound level of 100 dBA?
- a. 6 hours
 - b. 4 hours
 - c. 2 hours
 - d. 1 hour
11. What can negatively affect a respirator fit test?
- a. Cleaning and disinfecting a mask prior to use
 - b. An employee's beard
 - c. A check of the respirator revealing no defects or cracks
 - d. Carefully reading the instructions for proper use of equipment
12. If an employee has asthma he should not wear respirators without written approval from a?
- a. Project Site Safety Manager
 - b. Supervisor
 - c. Doctor
 - d. Corporate Safety Director
13. Other personal protective equipment might include
- a. face shields, fall protection harnesses, saw blade guards, safety belts, chaps, or toe-guards
 - b. face shields, fall protection harnesses, life-preservers, safety belts, chaps, or toe-guards
 - c. face shields, fall protection harnesses, life-preservers, backup alarms, chaps, or toe-guards
 - d. face shields, fall protection harnesses, life-preservers, safety belts, chaps, or guardrailing
14. The course refers to personal protection as the "last line" of defense because?
- a. It is the "last" subpart of the CFR 1926 standard is the section on personal protection
 - b. Every possible attempt should be made to engineer a solution to eliminate hazards before personal protective devices are needed.
 - c. Personal protective gear is so well made it will always prevent injuries to all exposures
 - d. Companies think of protecting profits first and personnel as the last thing to protect
15. With Heavy Civil Construction, when is it acceptable to sacrifice the safety of an operation for added production?
- a. If the schedule critical path shows negative float
 - b. If the budgeted costs show losses for a particular item

- c. If the project inspectors aren't available during a planned activity
- d. It is never acceptable to sacrifice safety for production!

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