

VOLUNTEER OSHA and Driving In-Service QUIZ

1. Which of the following are unpredictable hazards that home healthcare workers AND VOLUNTEERS may face while working in the community? (Circle all that apply)
 - a. Animals
 - b. Weapons
 - c. Identity Theft
 - d. Violence in the home

2. Which of the following is part of the eight commandments of lifting? (Circle all that apply)
 - a. Plan your lift and test load
 - b. Ask for help
 - c. Bend over and take a firm hold of the object being lifted
 - d. Lift with your legs

3. Animals in the home really don't pose a risk if you know how to properly approach the animal and bring treats.
 - a. TRUE
 - b. FALSE

4. Which of the following are ways to prevent slip, trip, and fall injuries?
 - a. Leave spills until they dry and then properly clean up
 - b. Walk really fast on icy surfaces...the faster you get across they less likely a fall will occur
 - c. Keep walkways free of debris, clutter, and obstacles
 - d. None of the above

5. The Three-Second Rule says that following distance should be at least four seconds travel time behind the vehicle in front of you.
 - a. TRUE
 - b. FALSE

6. If your car starts to skid, take your foot off the gas and turn in the direction you want to car to go. Do not use your breaks during a skid.
 - a. TRUE
 - b. FALSE

7. Which of following are just general driving safety precautions?
 - a. Use your seatbelt!
 - b. Keep the gas tank at least a quarter full
 - c. Avoid distracted driving
 - d. All of the Above

Volunteer Name: _____ Date Completed: _____