



## WORKPLACE SAFETY

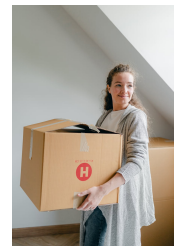
1. Which type of fire extinguisher should be used on electrical fires?

- Water
- Foam
- Carbon dioxide (CO2)
- Wet chemical



2. What is the proper way to lift heavy objects to prevent injury?

- Bend at the waist quickly
- Bend your knees and keep your back straight
- Keep legs straight and use back muscles
- Ask a coworker to do it for you



3. What should you do if a fire alarm sounds at work?

- Make sure all windows are closed before leaving
- Evacuate immediately using designated routes
- Gather your personal items first
- Wait for confirmation that it is real



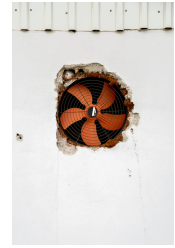
4. What is the best keyboard position to minimize wrist and arm strain while working?

- At elbow height, with wrists straight and relaxed
- Higher than your elbows, so your hands point downward
- Flat on your lap while you type
- As far away as possible from your chair



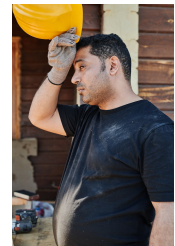
5. Why should you keep ventilation systems and air vents unblocked?

- It may make the room uncomfortable
- It can cause overheating or unsafe air quality
- It wastes electricity
- It is against company policy



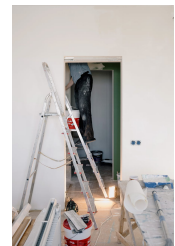
6. Which of these is a common sign of heat stress among workers?

- Cold and clammy skin
- Loss of appetite
- Intense thirst
- Excessive sweating



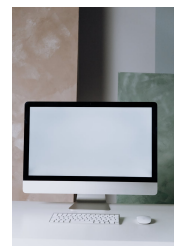
7. Which of the following should NOT be done when using a ladder?

- Placing the ladder on a stable, level surface
- Standing on the top step to reach higher
- Facing the ladder
- Wearing slip-resistant footwear while climbing



8. What is the recommended position for your computer monitor?

- At eye level, about an arm's length away
- Above eye level, so you look upward slightly
- As far as possible to reduce eye strain
- At knee height, tilted upward



9. What should you do before using personal protective equipment?

- Put it on immediately and begin the task
- Assume it is safe if no one reported issues
- Check it only after the task is completed
- Inspect it carefully before each use

