

Preventing Chronic Beryllium Disease through Exposure Recognition and Control

Beryllium Training Pre-Test

We need to determine if our beryllium training is effective in helping you protect yourself, your co-workers, and family from beryllium exposure. Therefore, we ask that you take two quizzes: one before you attend the training and one after you attend the training. We will analyze your answers from both quizzes to determine if our training was successful in increasing your knowledge about beryllium exposure. Please answer the following questions.

Name: _____ Date: _____

Objective: Understand your rights under OSHA

1. Which of these are employee's rights under OSHA?
 - Get training from your employer as required by OSHA standards
 - File a complaint with OSHA if you believe there are violations of OSHA standards or serious hazards
 - Request action from your employer to correct hazards or violations of OSHA standards
 - All of the above

Objective: Understand why and where beryllium is used in the workplace

2. In which of the following industries is beryllium used?
 - Electronics (e.g., phones and computers)
 - Healthcare (e.g., dental alloys)
 - Nuclear (e.g., nuclear reactors)
 - All of the above

Objective: Identify and describe beryllium health effects

3. Chronic beryllium disease (CBD), beryllium sensitization (BeS), skin nodules and slow wound healing are all health effects of beryllium.
 - True
 - False
4. Which of the following are risk factors for beryllium sensitization (BeS)?
 - Your age
 - Your genes (DNA) and amount of exposure to beryllium
 - Eating red meat
 - Smoking
5. Symptoms of chronic beryllium disease (CBD) can include the following:
 - Cough, usually dry
 - Shortness of breath, first noticed with physical activity
 - Sweating at night and feeling tired
 - All of the above
6. You can get beryllium sensitization (BeS) and chronic beryllium disease (CBD) at any time after your first exposure to beryllium, even many years after your last exposure.
 - True
 - False

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Objective: Learn how to minimize or avoid exposure to beryllium

7. To determine a beryllium worker's exposure to beryllium particles in the air, an industrial hygienist (a person who takes beryllium samples) would use:
- A special light to measure the beryllium in the air
 - A pump and a filter secured to the worker to take a personal air sample
 - A specially trained beryllium badger
 - A wipe sample to determine if a surface has beryllium on it
8. Which is an example of a control method used to **prevent** worker exposure to beryllium particles?
- Local exhaust ventilation (suction at the point beryllium particles are generated)
 - Sweeping up beryllium dust
 - Use of compressed air to clean off work-area surfaces
 - Eating and drinking at your work station
9. Which of these statements is true?
- Beryllium can enter damaged or cut skin
 - Beryllium dissolves in sweat and may get through skin
 - Covering the skin may reduce the risk of beryllium sensitization (BeS)
 - All of the above
10. Beryllium has been measured in worker's personal vehicles.
- True
 - False
11. When can you be exposed to beryllium at work?
- Sweeping the floor
 - Sanding /grinding a beryllium part
 - Handling a beryllium part
 - All of the above
12. What are the current federal OSHA and California OSHA beryllium exposure limits?
- 200 $\mu\text{g}/\text{m}^3$ and 20 $\mu\text{g}/\text{m}^3$ (8-hour average)
 - 2 $\mu\text{g}/\text{m}^3$ and 0.2 $\mu\text{g}/\text{m}^3$ (16-hour average)
 - 2 $\mu\text{g}/\text{m}^3$ and 0.2 $\mu\text{g}/\text{m}^3$ (8-hour average)
 - 200 $\mu\text{g}/\text{m}^3$ and 20 $\mu\text{g}/\text{m}^3$ (16-hour average)
13. Proper training, fit testing and no facial hair are needed for a respirator to be effective in preventing exposure to beryllium particles.
- True
 - False

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Objective: Understand the importance of medical surveillance with the BeLPT

14. What can the beryllium blood test (BeLPT) tell us? (pick the best answer)

- If a worker has an allergy to ragweed
- If a worker has chronic beryllium disease
- If a worker is exposed to high levels of beryllium
- If a worker has an allergy (sensitization) to beryllium and may have chronic beryllium disease.

15. One of the main reasons to do medical surveillance is to determine if your exposure control measures are working correctly.

- True
- False