TEST
Oil and Gas Industry:
Recognizing and Controlling Health and Safety Hazards

1. What is the OSHA website URL?
   a. safety.com
   b. osha.gov
   c. niosh.gov
   d. none of the above

2. What should you do if you believe working conditions are unsafe or unhealthful?
   a. keep it to yourself and forget about it
   b. call the county board of health
   c. **notify your employer first and then OSHA if necessary**
   d. go straight to OSHA

3. What responsibilities does your employer have under OSHA?
   a. provide a workplace free from recognized hazards and comply with OSHA standards
   b. provide training required by OSHA standards
   c. not discriminate against workers who exercise their rights under the Act [Section 11(c)]
   d. **all of the above**

4. Fall protection is required at how many feet or more for general industry?
   a. 4
   b. 10
   c. 12
   d. 15

5. What is a PFAS?
   a. personal fall ascent system
   b. partial fall ascent system
   c. **personal fall arrest system**
   d. partial fall arrest system

6. When ascending and descending a ladder or stairs, at least how many points of contact must you maintain?
   a. 1
   b. 2
   c. **3**
   d. 4

7. How should a person on the ground control a suspended load being moved?
   a. use a pole with a hook on the end
   b. grab the rigging
   c. grab only the load
   d. **use a tag line**

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Site Preparation

8. When working at heights, how must you keep your tools from dropping onto an employee or equipment?
   a. keep them in your pocket when not in use
   b. **use a tail rope to connect the tool to your harness**
   c. keep them under your hard hat when not in use
   d. keep a firm grip on the tools at all times

9. Which of the following is NOT a step in controlling pressurized lines?
   a. install whip checks
   b. match thread and size of connections
   c. **test connections by running an extremely high pressure through the line**
   d. ensure connections are not worn or damaged

10. How many seconds is it acceptable to stand under a suspended load?
    a. 0
    b. 1
    c. 2
    d. 3

11. Which of the following is the best way to prevent pinch point injuries?
    a. post pinch point signs to warn employees
    b. **whenever possible, guard the pinch point so no part of the body can enter the pinch point area**
    c. have an employee stand guard at each pinch point
    d. let the toolpusher know the locations of all pinch points

12. You, your equipment, and materials should stay at least how many feet away from overhead powerlines?
    a. 2
    b. **10**
    c. 30
    d. 100

13. What must be connected in some way to each extension cord that is in use?
    a. an AC/DC convertor
    b. **a GFCI**
    c. a 3-to2 prong adaptor
    d. a cord reel

14. What should an equipment operator who has contacted an overhead powerline NOT do?
    a. stay in the equipment, if possible
    b. **jump with feet apart**
    c. shuffle or hop across the ground
    d. warn all others to stay away
Site Preparation

15. A worker mixing chemicals must NOT wear
   a. safety glasses
   b. goggles
   c. gloves
   d. long sleeves

16. What are the three routes of entry of chemicals into the body?
   a. ears, eyes, and mouth
   b. nose, mouth, and skin
   c. swallowing, inhaling, and drinking
   d. ingestion, inhalation, and absorption

17. How can a worker find out what chemical is in a product that they use?
   a. ask your supervisor
   b. look on the label
   c. read the MSDS
   d. all of the above

18. An MSDS
   a. is an acronym for Material Safety Data Sheet
   b. should be on file for hazardous chemicals used, stored, or produced on site
   c. provides information for handling and storing chemicals
   d. all of the above

19. How much should a properly tensioned geronimo escape line sag in the middle?
   a. 1-2 feet
   b. 3-5 feet
   c. 6-12 feet
   d. it should not sag at all

20. First aid kits should be
    a. located in a visible location
    b. fully stocked
    c. available for use
    d. all of the above

21. According to OSHA, how often must portable fire extinguishers be visually inspected?
    a. daily
    b. weekly
    c. monthly
    d. yearly

22. What material handling-related injury is known to be the number one cause of workers compensation claims?
    a. workers being struck by falling materials
    b. equipment contacting powerlines
    c. back injuries
    d. none of the above
23. Slings that have no labels or labels too worn to read must be
   a. used with extreme caution
   b. used on only lightweight loads
   c. **pulled from service, tagged, and destroyed**
   d. none of the above

24. When should forklift operators wear their seat belts?
   a. when operating near drop-offs
   b. when backing up
   c. only when learning to operate
   d. **at all times**

25. Which of the following is the safest sling angle?
   a. 5°
   b. 10°
   c. 30°
   d. **60°**

26. What is the best way to protect yourself from injury in the event of a heavy equipment rollover?
   a. wear heavy clothing and a hard hat
   b. **wear your seat belt**
   c. hold on tight
   d. take your hands and feet off the controls

27. As an operator, how often should you inspect your piece of heavy equipment
   a. the first day of the work week
   b. once a month
   c. **each day prior to operation**
   d. never, the mechanics will do that

28. What should you do with a piece of heavy equipment when the backup alarm is not functioning properly?
   a. operate it with caution
   b. operate it as usual
   c. pull it from service
   d. **pull it from service, tag, and repair it**

29. What should a ground worker do before approaching a piece of equipment and its operator?
   a. make eye contact
   b. signal the operator
   c. wait for their approval
   d. **all of the above**

30. A crane must be level to what percentage before a lift?
   a. 1
   b. 5
   c. 10
   d. 12.5
31. Which of the following is not a factor that affects the load calculation?
   a. the limits of the rigging
   b. the weight of the rigging
   c. the wind speed
   d. all of the above must be considered

32. How many feet must the excavated soil, your tools, and other supplies be kept back from the excavation's edge?
   a. 1 foot
   b. 2 feet
   c. 7.5 feet
   d. 25 feet

33. At what depth of a trench must a ladder, ramp, steps, or runway be present for quick worker exit?
   a. 4 feet
   b. 5 feet
   c. 10 feet
   d. it is never a requirement

34. What is the greatest hazard facing a worker while working in a trench?
   a. hazardous atmospheres
   b. falls
   c. cave-ins
   d. falling objects

35. Unless a competent person indicates that there is a potential for a cave-in, at what depth is a protective system required for a trench?
   a. 2 feet
   b. 4 feet
   c. 5 feet
   d. 10 feet