Train-the-Trainer Pre and Post-Test

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1. Which one of the following is not a workplace-related health hazard for nail technicians?
   a. Exposure to chemicals from glues, polishes, removers, and other salon products
   b. Muscle strains from awkward positions or repetitive motions
   c. Hearing damage from level of equipment noise
   d. Risk of infection from contact with client skin, nails, and blood

2. Which of the following is not a way to remove chemicals from the air during work hours?
   a. Open doors and windows on both sides of the salon
   b. Put fans in the middle of the salon to circulate air
   c. Turn on the heating, ventilation, and air conditioning (HVAC) system
   d. Turn on exhaust fans

3. Who is responsible for employee safety and health?
   a. Occupational Safety and Health Administration (OSHA)
   b. Your employer
   c. You, the employee
   d. All of the above

4. Which of the following is not a way you can engage adult learners:
   a. Asking them about their experience
   b. Focusing on how you can provide a solution to their problem
   c. Stating and reminding them of goals and objectives
   d. Talking to them in a large group

5. Products used in nail salons may have chemicals that cause: dizziness, headaches, irritation to eye; nose; and throat, and skin rashes. Other chemicals used in nail salons may cause more serious illnesses.
   a. True
   b. False

6. A Safety Data Sheet (SDS) is a sheet of paper supplied by the manufacturer that tells you what to do when you exposed to a product.
   a. True
   b. False

7. How can you use OSHA to help you?
   a. Workers can file a complaint for an OSHA inspections if their workplace is hazardous
   b. Employers can get a free consultation to check for hazards without being cited
   c. Workers and employers can contact the Santa Ana OSHA office for information
   d. All of the above

8. Which of the following should you not include in your conversation with the worker?
   a. All of the training material, regardless of their level of experience
   b. An introduction of yourself and your organization
   c. The benefits and risks of not learning the information
   d. A review of the materials you gave to them

9. Which one of the following can cause chemical irritation to the lungs, mouth, and throat?
   a. Eating lunch next to a coworker who is working on a client
   b. Leaving cigarettes near chemicals
   c. Working on a client without wearing a mask
   d. All of the above
10. Personal Protective Equipment (PPE) such as gloves, safety goggles, dust masks, and respirators should be purchased by the employee.
   a. True
   b. False

11. I would be an independent contractor if my employer:
   a. Gives me IRS Form 1099, instead of a W-2
   b. Tells me that I am an independent contractor
   c. Provides me supplies and a work station
   d. Allows me to set my own appointments and pay rate

12. It is important as a trainer to assess your:
   a. Strengths
   b. Weaknesses
   c. Preparation needs
   d. All of the above

13. Chemicals enter the body by:
   a. Breathing in (nose, mouth)
   b. Swallowing (mouth)
   c. Puncturing or absorbing into skin (eyes and skin)
   d. All of the above

14. Which type of gloves should you use while working with nail products?
   a. Nitrile gloves
   b. Latex gloves
   c. Vinyl gloves
   d. All of the above

15. The difference between independent contractors and employees is that employees:
   a. Need to buy their own supplies and tools
   b. Must be paid the hourly minimum wage
   c. Rent their station from the owner
   d. None of the above

16. What are best practices in doing outreach to Vietnamese nail salon workers?
   a. Use many platforms like the internet and radio to increase your visibility
   b. Give them English-language materials
   c. Use connections in your network to find salon workers
   d. A & C

17. Products used in nail salons may have chemicals that can harm your: (Topic 1)
   a. Brain & central nervous system
   b. Reproductive system
   c. Skin
   d. All of the above

18. To prevent getting infected with diseases at work, you should always:
   a. B & D
   b. Avoid touching any blood or bodily fluids
   c. Avoid serving clients who have infectious diseases
   d. Disinfect tools, foot basins, and other equipment after each use

19. Which of the following are not ways to build a good relationship with workers?
   a. Know your training thoroughly
   b. Do not ask your team if you are having trouble
   c. Be willing to work around their schedule and conditions
   d. Address the reasons of why they may not be interested

20. The following can prevent back pain and headaches:
   a. Taking breaks outside the salon
   b. Sitting straight up and not bending over clients’ nails
   c. Stretching in between appointments
   d. All of the above