



SAFETY: it takes all of us

QUIZ CORNER

Summer Safety

1. Before you head outside, you should always wear sunscreen with an SPF of at least:
 - a. 5
 - b. 8
 - c. 10
 - d. 15
2. _____ accounts for about 3.3 million emergency room visits a year in the United States.
 - a. Chest pain
 - b. Overexertion
 - c. Abdominal discomfort
3. *True or False:* If heat stress goes untreated, it can quickly lead to heat stroke—a life-threatening condition.
4. The blades on a lawnmower can reach speeds up to:
 - a. 50 mph
 - b. 100 mph
 - c. 200 mph
 - d. 300 mph
5. *True or False:* Before participating in outdoor activities in the summer, you should eat a large and hearty meal.

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Be Aware of Your Surroundings

1. *True or False:* Contact with objects is the second leading cause of cases with days away from work.
2. Heavy objects should be stored:
 - a. On top of filing cabinets
 - b. Close to the floor
 - c. In drawers
3. According to *Injury Facts*®, there were ____ workplace deaths due to contact with objects.
 - a. 432
 - b. 568
 - c. 738
 - d. 912
4. *True or False:* Only operate equipment that you are properly trained to use.
5. If you are witness to an incident resulting in injury:
 - a. Perform first aid tasks immediately
 - b. Move the victim out of the way
 - c. Observe the situation and make sure it is safe before moving forward

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Slips, Trips and Falls

1. When your _____ muscles are weak, it can lead to instability, pain and a higher chance of slips, trips and falls.
 - a. Back
 - b. Hamstring
 - c. Core
 - d. Calf
2. *True or False:* Elevating the injured body part is a crucial step in first aid following a slip, trip or fall.
3. When using a ladder you should always:
 - a. Maintain three points of contact
 - b. Check the condition of the ladder
 - c. Grab onto the steps while climbing
 - d. A and B
4. *True or False:* Yoga and Pilates incorporate many core-strengthening exercises.
5. Adding _____, maintaining good housekeeping and cleaning spills will help minimize fall risks at home.
 - a. Handrails
 - b. Furniture
 - c. Extension cords

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Prescription Drug Abuse

1. What is the fifth-most common reason for all physician visits in the United States?
 - a. Carpal tunnel syndrome
 - b. Lower back pain
 - c. Sprained ankles
 - d. Migraine headaches
2. If you suspect someone has overdosed on prescription drugs and the victim is unresponsive, call:
 - a. 911
 - b. The Poison Control Center
 - c. The victims physician
3. *True or False:* The safest way to dispose of leftover or unused drugs is to flush them down the sink.
4. Common on-the-job behaviors that may indicate a prescription painkiller problem include:
 - a. Increased job productivity
 - b. Lack of attention or focus
 - c. Poor judgment
 - d. B and C
5. *True or False:* Smokers have an increased vulnerability to back pain than non-smokers.

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