



Your name: _____

Date: _____

MUSCULOSKELETAL SAFETY:

- | | |
|--|----|
| 1. Back injuries are the number one occupational hazard in our nation and Legacy. | 1. |
| a. True | |
| b. False | |
| 2. Risk factors that increase your chances for a musculoskeletal injury include: | 2. |
| a. Poor posture. | |
| b. Loss of flexibility. | |
| c. Poor body mechanics. | |
| d. Decreased physical fitness. | |
| e. All of the above. | |
| 3. Rules for proper lifting include: | 3. |
| a. Keep your head “up”. | |
| b. Feet shoulder-width apart. | |
| c. Bend your knees. | |
| d. All of the above. | |
| 4. During all activities and positions, attempt to keep your back in a neutral spine position. | 4. |
| a. True | |
| b. False | |

INFECTION CONTROL/EMPLOYEE HEALTH:

- | | |
|--|----|
| 5. Which would NOT be a safe way to prevent exposure to blood-borne pathogens? | 5. |
| a. Wash hands thoroughly before and after patient contact and after glove removal. | |
| b. Treat all blood and body fluids as if they are infected with blood-borne pathogens. | |
| c. Re-cap the needles you use. | |
| d. Use barriers (<i>masks, gloves, gowns, eye protection</i>) and devices (<i>needleless IV access, sharps containers, safety products</i>) to protect yourself from contact with blood and body fluids. | |
| e. All of the above. | |
| 6. If you are exposed to blood-borne pathogens you need to: what is the answer to this? | 6. |
| a. Clean wound with soap and water, & flush mucous membrane with water or saline for five minutes. | |
| b. Contact your site Employee Health Nurse or call RAIL HOTLINE immediately for evaluation and treatment. | |
| c. AFTER Employee Health HOURS go to a Legacy Emergency Room for treatment. | |
| d. Notify your manager. | |
| e. Document your injury on a Legacy Incident/Accident/Exposure Report. | |
| f. A, B, and D. | |
| g. All of the above. | |
| 7. Tuberculosis continues to be spread in Oregon. Which of the following symptoms might alert you to possible TB in a patient? | 7. |
| a. Tiredness (fatigue) and weight loss. | |
| b. Night sweats, fever and chills. | |
| c. Prolonged productive cough, blood in sputum, chest discomfort. | |
| d. All of the above. | |

8.	If you have an injury/accident or exposure to communicable diseases i.e., Tuberculosis, meningitis; you should:	8.
	<ul style="list-style-type: none"> a. Report it to your manager or person in charge immediately b. Contact Employee Health to receive medical care that is appropriate to the exposure. c. Call the RAIL Hotline. d. All of the above. 	
9.	In addition to Standard Precautions, we use Transmission Based Precautions for diseases requiring additional precautions because of the way they are transmitted. Examples of these diseases are:	9.
	<ul style="list-style-type: none"> a. Measles or Tuberculosis. b. Meningitis or VRE (<i>Vancomycin-resistant Enterococcus</i>). c. HIV. d. a, b, and c. e. a & b only. 	
10.	Acceptable hand hygiene practices include:	10.
	<ul style="list-style-type: none"> a. Soap and water for 15 seconds between patient contacts. b. Antiseptic waterless hand cleanser to all surfaces of the hands between patient contacts. c. Hand hygiene before and after patient contact and after removing gloves. d. Use of soap and water when caring for patients with diarrhea. e. All of the above. 	

SAFETY:

11.	Safety problems should be reported to:	11.
	<ul style="list-style-type: none"> a. Your manager. b. Your department safety officer c. A system safety officer. d. Any safety committee member. e. Any of the above. 	
12.	The responsibility for working safely and making Legacy a safe work place lies with:	12.
	<ul style="list-style-type: none"> a. Department Safety Officers. b. Managers. c. Safety Committee Chairperson. d. All employees. 	
13.	The safety committee meets:	13.
	<ul style="list-style-type: none"> a. Weekly. b. Monthly. c. As needed. 	

FIRE SAFETY:

14.	Match the following by writing in the letter of the correct answer.	14.																				
	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #cccccc; width: 50%; text-align: center;">Questions</th> <th style="width: 5%;"></th> <th style="background-color: #cccccc; text-align: center;">Answers:</th> <th style="width: 40%;"></th> </tr> </thead> <tbody> <tr> <td>1. Don't stack things any closer than _____ from the ceiling.</td> <td style="text-align: center;">A.</td> <td>Don't prop fire doors open.</td> <td style="text-align: center;">1</td> </tr> <tr> <td>2. In case of fire in the main hospital, you should _____.</td> <td style="text-align: center;">B.</td> <td>18 inches.</td> <td style="text-align: center;">2</td> </tr> <tr> <td>3. All patient care hallways should be kept _____ clear.</td> <td style="text-align: center;">C.</td> <td>Stay in place and implement the R.A.C.E. response.</td> <td style="text-align: center;">3</td> </tr> <tr> <td>4. You are safe inside a fire corridor if you _____.</td> <td style="text-align: center;">D.</td> <td>8 feet.</td> <td style="text-align: center;">4</td> </tr> </tbody> </table>	Questions		Answers:		1. Don't stack things any closer than _____ from the ceiling.	A.	Don't prop fire doors open.	1	2. In case of fire in the main hospital, you should _____.	B.	18 inches.	2	3. All patient care hallways should be kept _____ clear.	C.	Stay in place and implement the R.A.C.E. response.	3	4. You are safe inside a fire corridor if you _____.	D.	8 feet.	4	
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5. A fire is announced at Legacy by the overhead page "_____".	E. Condition Red.	5
6. Rescue, Alert, Confine, Extinguish = _____.	F. Fire extinguisher use.	6
7. Pull, Aim, Squeeze, Sweep = _____.	G. Fire scene response.	7

EMERGENCY MANAGEMENT:

15. Which departments in Legacy need an Emergency Preparedness Plan? a. All departments. b. Emergency department. c. Administration.		15.
16. Legacy's Emergency Preparedness Plan classifies disasters into what categories: a. Critical. b. Internal. c. External. d. All of the above. e. Only B and C.		16.
17. Legacy uses what system of command to organize our response to any disaster? a. Divide & Conquer Command System (DCCS) b. Adapt, Overcome, Improve Command System (AOICS) c. Hospital Emergency Incident Command System (HEICS) d. Every Person for Themselves Command System (EPTCS)		17.
18. When there is an emergency broadcast on the hospital overhead paging system, you may return to your normal activities when you hear: a. "Okay." b. "All clear." c. "Condition normal."		18.

HAZARDOUS MATERIALS:

19. Which of the following are elements of Legacy's "Cradle to Grave" program for the management of hazardous chemicals? a. Selection of hazardous materials. b. Handling of hazardous materials. c. Storing of hazardous materials. d. Cleaning up spills. e. Proper disposal of hazardous materials. f. All of the above.		19.
20. Who has the right to know about hazardous materials and the danger in using them? a. All employees who may use the materials. b. The System Safety Officer. c. The Department Safety Officer. d. The Manager of the Department.		20.
21. Who is responsible for writing a department Hazardous Material Spill Plan? a. The System Safety Officer. b. The Department Safety Officer. c. The Department Manager.		21.

EQUIPMENT MANAGEMENT:

22. What is NOT an aspect of the Medical Equipment Management Plan? a. Medical equipment user has been trained in its use. b. Medical equipment has a Legacy Biomedical Engineering Equipment label on the case. c. Medical equipment is stored in the right location and works appropriately. d. The equipment has been recently painted.		22.
23. When your medical equipment fails, you should: a. Place device aside and let your manager handle it.		23.

- b. Place a “defective” note on it.
- c. Implement a service request, or call Biomedical Engineering. (*Call Facility Services for non-medical equipment.*)
- d. Remove the device from operation.
- e. If the device failure could have or did result in harm to a patient, fill out an incident report.
- f. B, C, D and E.

SECURITY:

- | <p>24. Condition Pink Abduction Response Plan requires every employee to:</p> <ul style="list-style-type: none"> a. Ignore overhead announcement. b. Stop non-critical work. c. Move to nearest elevator, exit, or parking lot not already monitored by an employee. d. Verbally challenge anyone fitting the suspect description. Do not attempt physical restraint. Report suspect & vehicle description. e. B, C, and D. f. All of the above. | 24. | | | | | | | | | | | | |
|---|--|----------|--------------------------------|---|---------------------------------|--|------------------------------|--|-----------------|--------------------|-------------------------------|-------------|-----|
| <p>25. If a person is acting violently, you should NOT:</p> <ul style="list-style-type: none"> a. Restrain them. b. Stay calm and speak softly and firmly. c. Alert security. d. Keep 2-3 arm lengths away. | 25. | | | | | | | | | | | | |
| <p>26. A safe working environment is one where:</p> <ul style="list-style-type: none"> a. All employees wear ID badges. b. All inpatients wear wristbands. c. All contractors and vendors wear vendor badges. d. All of the above. | 26. | | | | | | | | | | | | |
| <p>27. Crime prevention and reporting of all incidents is the responsibility of:</p> <ul style="list-style-type: none"> a. All employees. b. Managers. c. Supervisors. d. Security. | 27. | | | | | | | | | | | | |
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UTILITY MANAGEMENT:

- | | |
|---|-----|
| <p>29. Emergency power to run essential services can be found in:</p> <ul style="list-style-type: none"> a. Only the downtown hospitals. b. All of Legacy’s hospitals. c. Facility Services. | 29. |
| <p>30. In the event of a power failure, which of the following should you NOT do?</p> <ul style="list-style-type: none"> a. Check the elevators for trapped persons. b. Plug the toaster into the red outlet. c. Turn off unnecessary computers. d. Reconnect vital equipment to red outlets. e. Call the operator. | 30. |

