



SAFETY QUIZ

WORKPLACE SAFETY



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HSE STUDY GUIDE

Health, Safety & Environment

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1. What is the primary goal of workplace safety?

- A) To increase production speed
- B) To prioritize aesthetics over safety
- C) To prevent accidents, injuries, and protect workers
- D) To encourage employees to take more risks

Answer: C) To prevent accidents, injuries, and protect workers

Explanation: The primary goal of workplace safety is to prevent accidents and injuries and to protect the well-being of workers.

2. What should employees do if they notice a workplace hazard or potential safety issue?

- A) Ignore it, as it's not their responsibility
- B) Report it to their supervisor or safety officer
- C) Discuss it with colleagues during breaks
- D) Attempt to fix it themselves

Answer: B) Report it to their supervisor or safety officer

Explanation: Employees should report workplace hazards or safety concerns to their supervisor or safety officer to address and rectify the issue.



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3. Which of the following is a common cause of workplace accidents and injuries?

- A) Open communication
- B) Adequate training
- C) Lack of awareness and complacency
- D) A well-organized workspace

Answer: C) Lack of awareness and complacency

Explanation: Lack of awareness and complacency among employees is a common cause of workplace accidents and injuries.

4. What is the purpose of safety signs and labels in the workplace?

- A) To decorate the workplace
- B) To confuse employees
- C) To provide clear instructions, warnings, and information about hazards
- D) To hide potential dangers

Answer: C) To provide clear instructions, warnings, and information about hazards

Explanation: Safety signs and labels in the workplace are intended to provide clear instructions, warnings, and information about potential hazards to keep employees safe.



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5. What is the primary responsibility of a workplace safety committee?

- A) To organize office parties
- B) To design new uniforms
- C) To conduct safety inspections, identify hazards, and recommend improvements
- D) To schedule vacations for employees

Answer: C) To conduct safety inspections, identify hazards, and recommend improvements

Explanation: The primary responsibility of a workplace safety committee is to conduct safety inspections, identify hazards, and recommend improvements to enhance safety.

6. What should you do if you encounter a "Wet Floor" sign in a hallway at work?

- A) Walk normally, as the sign is likely misplaced
- B) Ignore the sign and run to your destination
- C) Use caution, slow down, and watch your step
- D) Kick the sign to the side

Answer: C) Use caution, slow down, and watch your step

Explanation: If you encounter a "Wet Floor" sign, it's essential to use caution, slow down, and watch your step to prevent slips and falls.



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7. What type of fire extinguisher is suitable for fires involving flammable liquids like gasoline or oil?

- A) Class A fire extinguisher
- B) Class B fire extinguisher
- C) Class C fire extinguisher
- D) Class K fire extinguisher

Answer: B) Class B fire extinguisher

Explanation: Class B fire extinguishers are designed for fires involving flammable liquids like gasoline or oil.

8. What should you do if you notice a chemical spill in the workplace that you are not trained to handle?

- A) Ignore it, as it's not your responsibility
- B) Attempt to clean it up using available materials
- C) Report it to your supervisor and evacuate the area
- D) Take a picture of it and share it on social media

Answer: C) Report it to your supervisor and evacuate the area

Explanation: If you notice a chemical spill that you are not trained to handle, you should report it to your supervisor and evacuate the area to ensure safety.



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9. What is the purpose of personal protective equipment (PPE) in the workplace?

- A) To make employees look more professional
- B) To provide a fashion statement
- C) To protect employees from workplace hazards
- D) To increase employee comfort

Answer: C) To protect employees from workplace hazards

Explanation: Personal protective equipment (PPE) is used to protect employees from workplace hazards and ensure their safety.

10. What should you do if you see a colleague not wearing their required PPE on the job?

- A) Ignore it and continue working
- B) Gently remind them to wear their PPE
- C) Laugh at them to encourage compliance
- D) Report them to HR for disciplinary action

Answer: B) Gently remind them to wear their PPE

Explanation: If you see a colleague not wearing their required PPE, it's a good practice to gently remind them to wear it for their safety.



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11. What should you do if you accidentally spill a hazardous chemical on your skin while working in a lab?

- A) Ignore it and continue working
- B) Rinse the affected area with water for a few seconds
- C) Wait until the end of the day to seek medical attention
- D) Apply a chemical solvent to the affected area

Answer: B) Rinse the affected area with water for a few seconds

Explanation: If you spill a hazardous chemical on your skin, you should immediately rinse the affected area with water for a few seconds to minimize the potential for injury.

12. Why is it important to conduct regular safety drills in the workplace?

- A) To test employees' knowledge of company policies
- B) To create disruptions and chaos
- C) To prepare employees for emergency situations and ensure they know how to respond
- D) To discourage employees from taking breaks

Answer: C) To prepare employees for emergency situations and ensure they know how to respond

Explanation: Regular safety drills are conducted in the workplace to prepare employees for emergency situations and ensure they know how to respond effectively.



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13. What should you do if you encounter a fire in the workplace and it's safe to do so?

- A) Take a selfie with the fire for social media
- B) Attempt to extinguish the fire using the appropriate fire extinguisher
- C) Ignore it and continue working
- D) Run away as fast as possible

Answer: B) Attempt to extinguish the fire using the appropriate fire extinguisher

Explanation: If you encounter a fire in the workplace and it's safe to do so, you should attempt to extinguish the fire using the appropriate fire extinguisher and following safety procedures.

14. What is the primary purpose of safety data sheets (SDS) in the workplace?

- A) To list employee contact information
- B) To provide instructions for cooking in the office kitchen
- C) To provide detailed information on the hazards of chemicals and safe handling procedures
- D) To list company holiday schedules

Answer: C) To provide detailed information on the hazards of chemicals and safe handling procedures

Explanation: Safety data sheets (SDS) in the workplace provide detailed information on the hazards of chemicals and safe handling procedures, ensuring employee safety.



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15. What is the recommended way to lift heavy objects in the workplace to prevent back injuries?

- A) Bend at the waist and lift with your back muscles
- B) Keep your back straight, bend at the knees, and lift with your leg muscles
- C) Lift with one hand while balancing on one foot
- D) Avoid bending at the knees to maintain a professional appearance

Answer: B) Keep your back straight, bend at the knees, and lift with your leg muscles

Explanation: To prevent back injuries when lifting heavy objects in the workplace, it's recommended to keep your back straight, bend at the knees, and lift with your leg muscles.

16. What is the primary purpose of a workplace safety audit or inspection?

- A) To evaluate employee performance
- B) To identify and address potential safety hazards and non-compliance with safety regulations
- C) To increase paperwork in the office
- D) To discourage employees from reporting safety concerns

Answer: B) To identify and address potential safety hazards and non-compliance with safety regulations

Explanation: The primary purpose of a workplace safety audit or inspection is to identify and address potential safety hazards and ensure compliance with safety regulations.



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17. What should you do if you discover a damaged electrical cord on a piece of equipment at work?

- A) Ignore it and continue using the equipment
- B) Repair it yourself using electrical tape
- C) Report it and do not use the equipment until it's repaired or replaced
- D) Wrap the damaged cord with aluminum foil

Answer: C) Report it and do not use the equipment until it's repaired or replaced

Explanation: If you discover a damaged electrical cord on a piece of equipment at work, you should report it and refrain from using the equipment until it's repaired or replaced to prevent electrical hazards.

18. Why is it important to maintain clear and unobstructed emergency exits in the workplace?

- A) To create obstacles for employees
- B) To discourage employees from taking breaks
- C) To ensure safe evacuation during emergencies
- D) To store excess equipment

Answer: C) To ensure safe evacuation during emergencies

Explanation: Clear and unobstructed emergency exits are crucial to ensure safe evacuation during emergencies and should not be blocked or obstructed.



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19. What should you do if you encounter a chemical spill in the workplace, and you are unsure how to handle it?

- A) Attempt to clean it up using available materials
- B) Ignore it and continue working
- C) Report it and wait for trained personnel to handle the spill
- D) Document it in a report and leave it for others to address

Answer: C) Report it and wait for trained personnel to handle the spill

Explanation: If you encounter a chemical spill in the workplace and are unsure how to handle it, you should report it and wait for trained personnel to handle the spill safely.

20. What is the purpose of safety barriers and guardrails in the workplace?

- A) To create visual obstacles for employees
- B) To prevent employees from accessing certain areas for fun
- C) To provide physical protection and prevent falls or accidents
- D) To decorate the workplace

Answer: C) To provide physical protection and prevent falls or accidents

Explanation: Safety barriers and guardrails in the workplace are designed to provide physical protection and prevent falls or accidents in hazardous areas.



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21. What should you do if you encounter a "No Entry" sign in a restricted area at work?

- A) Ignore the sign and enter the area anyway
- B) Pretend not to see the sign
- C) Respect the sign and avoid entering the restricted area
- D) Take a detour through another restricted area

Answer: C) Respect the sign and avoid entering the restricted area

Explanation: When encountering a "No Entry" sign in a restricted area at work, it's essential to respect the sign and avoid entering the area to maintain safety.

22. What type of fire is typically fueled by electrical equipment and wiring?

- A) Class A fire
- B) Class B fire
- C) Class C fire
- D) Class D fire

Answer: C) Class C fire

Explanation: Class C fires are typically fueled by electrical equipment and wiring.



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23. What should you do if you discover a fire in a waste paper bin at work?

- A) Attempt to extinguish it using a fire extinguisher
- B) Ignore it and continue working
- C) Pour water on the fire to extinguish it
- D) Alert colleagues and evacuate the area

Answer: A) Attempt to extinguish it using a fire extinguisher

Explanation: If you discover a fire in a waste paper bin at work, you should attempt to extinguish it using the appropriate fire extinguisher and following safety procedures.

24. What is the primary purpose of safety training for employees in the workplace?

- A) To discourage employees from asking questions
- B) To improve employee job satisfaction
- C) To provide employees with the knowledge and skills to work safely
- D) To increase paperwork in the office

Answer: C) To provide employees with the knowledge and skills to work safely

Explanation: The primary purpose of safety training for employees in the workplace is to provide them with the knowledge and skills to work safely and prevent accidents.



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25. Why is it important to label hazardous chemicals in the workplace with appropriate warning labels?

- A) To make the workplace look more colorful
- B) To confuse employees
- C) To ensure employees are aware of the potential hazards and proper handling procedures
- D) To save on label costs

Answer: C) To ensure employees are aware of the potential hazards and proper handling procedures

Explanation: Labeling hazardous chemicals with appropriate warning labels in the workplace is essential to ensure that employees are aware of potential hazards and proper handling procedures.

26. What should you do if you encounter a chemical spill on your clothing or skin at work?

- A) Continue working and ignore it
- B) Use a hairdryer to dry the chemical
- C) Rinse the affected area with water for at least 15 minutes
- D) Apply bleach to neutralize the chemical

Answer: C) Rinse the affected area with water for at least 15 minutes

Explanation: If you encounter a chemical spill on your clothing or skin at work, you should immediately rinse the affected area with water for at least 15 minutes to minimize potential harm.



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27. Why is it important to use ergonomic office furniture and equipment in the workplace?

- A) To discourage employees from sitting
- B) To make the office space look more modern
- C) To promote employee comfort, health, and prevent musculoskeletal disorders
- D) To increase the number of coffee breaks

Answer: C) To promote employee comfort, health, and prevent musculoskeletal disorders

Explanation: Using ergonomic office furniture and equipment in the workplace is important to promote employee comfort, health, and prevent musculoskeletal disorders.

28. What should you do if you notice a loose handrail or railing on a staircase in the workplace?

- A) Ignore it and continue using the staircase
- B) Report it for repair or replacement
- C) Attempt to fix it yourself
- D) Use the staircase without the handrail

Answer: B) Report it for repair or replacement

Explanation: If you notice a loose handrail or railing on a staircase in the workplace, you should report it for repair or replacement to prevent accidents.



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29. What is the purpose of a safety helmet (hard hat) in the workplace?

- A) To make employees look taller
- B) To provide shade on sunny days
- C) To protect the head from falling objects and impacts
- D) To improve hairstyle

Answer: C) To protect the head from falling objects and impacts

Explanation: The purpose of a safety helmet (hard hat) in the workplace is to protect the head from falling objects and impacts.

30. What should you do if you hear a fire alarm in the workplace?

- A) Ignore it and continue working
- B) Panic and run in all directions
- C) Follow established evacuation procedures and exit the building safely
- D) Turn off the alarm to avoid disruption

Answer: C) Follow established evacuation procedures and exit the building safely

Explanation: If you hear a fire alarm in the workplace, you should follow established evacuation procedures and exit the building safely to ensure your safety.



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31. What type of fire is typically fueled by ordinary combustibles such as wood, paper, and cloth?

- A) Class A fire
- B) Class B fire
- C) Class C fire
- D) Class D fire

Answer: A) Class A fire

Explanation: Class A fires are typically fueled by ordinary combustibles such as wood, paper, and cloth.

32. What should you do if you encounter a "Caution: Wet Paint" sign on a freshly painted wall at work?

- A) Touch the wall to see if the paint is dry
- B) Ignore the sign and lean against the wall
- C) Respect the sign and avoid contact with the wet paint
- D) Ask a colleague to touch the wall for you

Answer: C) Respect the sign and avoid contact with the wet paint

Explanation: When encountering a "Caution: Wet Paint" sign, it's essential to respect the sign and avoid contact with the wet paint to prevent damage or mess.



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33. Why is it important to keep emergency exit doors unlocked and accessible at all times?

- A) To prevent employees from taking unauthorized breaks
- B) To create obstacles for employees
- C) To ensure a quick and safe evacuation during emergencies
- D) To keep the emergency exit doors as a decoration

Answer: C) To ensure a quick and safe evacuation during emergencies

Explanation: Emergency exit doors should be kept unlocked and accessible at all times to ensure a quick and safe evacuation during emergencies.

34. What is the purpose of safety showers and eye wash stations in the workplace?

- A) To provide employees with a place to shower after work
- B) To serve as a water source for office plants
- C) To provide immediate decontamination in case of chemical exposure to the body or eyes
- D) To encourage employees to take more breaks

Answer: C) To provide immediate decontamination in case of chemical exposure to the body or eyes

Explanation: Safety showers and eye wash stations in the workplace are designed to provide immediate decontamination in case of chemical exposure to the body or eyes.



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35. What should you do if you encounter a "Do Not Enter" sign at a doorway in the workplace?

- A) Ignore the sign and enter the doorway
- B) Politely ask colleagues to enter on your behalf
- C) Respect the sign and do not enter the doorway
- D) Take a detour through a restricted area

Answer: C) Respect the sign and do not enter the doorway

Explanation: When encountering a "Do Not Enter" sign at a doorway in the workplace, it's important to respect the sign and avoid entering the area.

36. Why is it important to have a designated area for storing chemicals in the workplace?

- A) To encourage employees to use chemicals freely
- B) To create a colorful workplace
- C) To keep chemicals organized and minimize the risk of spills or accidents
- D) To increase the paperwork in the office

Answer: C) To keep chemicals organized and minimize the risk of spills or accidents

Explanation: Having a designated area for storing chemicals in the workplace is important to keep chemicals organized and minimize the risk of spills or accidents.



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37. What should you do if you encounter a "No Smoking" sign in a designated no-smoking area at work?

- A) Light up a cigarette anyway
- B) Smoke only on your break and ignore the sign
- C) Respect the sign and refrain from smoking in the designated area
- D) Use the designated area for smoking instead

Answer: C) Respect the sign and refrain from smoking in the designated area

Explanation: When encountering a "No Smoking" sign in a designated no-smoking area at work, it's important to respect the sign and refrain from smoking in that area.

38. What is the primary purpose of a fire evacuation plan in the workplace?

- A) To increase paperwork in the office
- B) To create confusion during emergencies
- C) To provide employees with clear instructions on how to evacuate the building safely in case of fire
- D) To encourage employees to take their time during evacuations

Answer: C) To provide employees with clear instructions on how to evacuate the building safely in case of fire

Explanation: The primary purpose of a fire evacuation plan in the workplace is to provide employees with clear instructions on how to evacuate the building safely in case of a fire.



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39. Why is it important to maintain a well-lit workplace?

- A) To make the workplace more mysterious
- B) To encourage employees to take longer breaks
- C) To prevent accidents and improve visibility
- D) To save on electricity costs

Answer: C) To prevent accidents and improve visibility

Explanation: Maintaining a well-lit workplace is important to prevent accidents and improve visibility, ensuring a safe working environment.

40. What should you do if you encounter a "Danger: High Voltage" sign near an electrical panel at work?

- A) Ignore the sign and touch the electrical panel
- B) Pretend not to see the sign
- C) Respect the sign and avoid contact with the electrical panel
- D) Take a selfie with the sign

Answer: C) Respect the sign and avoid contact with the electrical panel

Explanation: When encountering a "Danger: High Voltage" sign near an electrical panel at work, it's crucial to respect the sign and avoid contact with the electrical panel to prevent electrical hazards.



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41. What is the primary purpose of safety training for employees in the workplace?

- A) To discourage employees from asking questions
- B) To improve employee job satisfaction
- C) To provide employees with the knowledge and skills to work safely
- D) To increase paperwork in the office

Answer: C) To provide employees with the knowledge and skills to work safely

Explanation: The primary purpose of safety training for employees in the workplace is to provide them with the knowledge and skills to work safely and prevent accidents.

42. What should you do if you encounter a "Caution: Slippery When Wet" sign near a wet floor at work?

- A) Ignore the sign and run on the wet floor
- B) Pretend not to see the sign
- C) Use caution, slow down, and watch your step
- D) Slide on the wet floor for fun

Answer: C) Use caution, slow down, and watch your step

Explanation: When encountering a "Caution: Slippery When Wet" sign near a wet floor at work, it's important to use caution, slow down, and watch your step to prevent slips and falls.



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43. What should you do if you encounter a "No Cell Phones" sign in a restricted area at work?

- A) Ignore the sign and use your cell phone anyway
- B) Pretend not to see the sign
- C) Respect the sign and refrain from using your cell phone in the restricted area
- D) Take a group selfie in the restricted area

Answer: C) Respect the sign and refrain from using your cell phone in the restricted area

Explanation: When encountering a "No Cell Phones" sign in a restricted area at work, it's important to respect the sign and refrain from using your cell phone in that area.

44. Why is it important to have a designated area for storing tools and equipment in the workplace?

- A) To create obstacles for employees
- B) To encourage employees to use tools and equipment freely
- C) To keep tools and equipment organized and minimize the risk of accidents
- D) To increase the paperwork in the office

Answer: C) To keep tools and equipment organized and minimize the risk of accidents

Explanation: Having a designated area for storing tools and equipment in the workplace is important to keep them organized and minimize the risk of accidents.



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45. What is the purpose of a "Lockout/Tagout" procedure in the workplace?

- A) To secure tools from theft
- B) To lock office doors during breaks
- C) To prevent accidental startup of machinery during maintenance or repair
- D) To lock cabinets containing office supplies

Answer: C) To prevent accidental startup of machinery during maintenance or repair

Explanation: A "Lockout/Tagout" procedure is used to prevent accidental startup of machinery during maintenance or repair, ensuring the safety of workers.

46. Why is it important to have an emergency response team in the workplace?

- A) To create chaos during emergencies
- B) To discourage employees from evacuating
- C) To provide trained individuals who can respond to emergencies and assist with evacuations
- D) To increase paperwork in the office

Answer: C) To provide trained individuals who can respond to emergencies and assist with evacuations

Explanation: An emergency response team in the workplace is essential to provide trained individuals who can respond to emergencies and assist with evacuations.



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47. What is the purpose of safety posters and notices in the workplace?

- A) To block employee views
- B) To create a cluttered workspace
- C) To provide reminders and information about safety procedures and hazards
- D) To encourage employees to take longer breaks

Answer: C) To provide reminders and information about safety procedures and hazards

Explanation: Safety posters and notices in the workplace are designed to provide reminders and information about safety procedures and hazards, enhancing employee awareness.

48. What should you do if you encounter a "Do Not Touch" sign near a piece of machinery at work?

- A) Ignore the sign and touch the machinery
- B) Pretend not to see the sign
- C) Respect the sign and do not touch the machinery
- D) Touch the machinery to test its temperature

Answer: C) Respect the sign and do not touch the machinery

Explanation: When encountering a "Do Not Touch" sign near a piece of machinery at work, it's important to respect the sign and avoid touching the machinery to prevent accidents.



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49. Why is it important to have designated walkways and aisles in the workplace?

- A) To encourage employees to walk in random directions
- B) To create obstacles for employees
- C) To promote organized traffic flow and prevent accidents
- D) To save space in the workplace

Answer: C) To promote organized traffic flow and prevent accidents

Explanation: Designated walkways and aisles in the workplace are important to promote organized traffic flow and prevent accidents by reducing congestion.

50. What is the primary purpose of a safety toolbox talk or meeting in the workplace?

- A) To share jokes and anecdotes
- B) To increase paperwork in the office
- C) To provide a platform for employees to discuss safety concerns and receive safety updates
- D) To discourage employees from communicating

Answer: C) To provide a platform for employees to discuss safety concerns and receive safety updates

Explanation: The primary purpose of a safety toolbox talk or meeting in the workplace is to provide a platform for employees to discuss safety concerns, share information, and receive safety updates.



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