WHS Workbook

This workbook will guide you through your Workplace Health and Safety assessment

Hazards

Please choose the correct type of hazard for each of the situations

**Q1 - Papers and boxes all across the floor would be called a …**

1. **Mechanical Hazard**
2. Chemical Hazard
3. Electrical Hazard
4. Psychological Hazard

Please write the correct answer in the box below

|  |
| --- |
| Mechanical Hazard |

**Q2 - Lots of sunlight in your eyes all day would be called a …**

1. Electrical Hazard
2. **Physical Hazard**
3. Chemical Hazard
4. Psychological Hazard

Please write the correct answer in the box below

|  |
| --- |
| Physical Hazard |

**Q3 – Having far too much work to do all the time would be called a …**

1. Electrical Hazard
2. Physical Hazard
3. Mechanical Hazard
4. **Psychological Hazard**

Please write the correct answer in the box below

|  |
| --- |
| Psychological Hazard |

**Q4 – Power cords with exposed wires would be called a …**

1. Physical Hazard
2. **Electrical Hazard**
3. Mechanical Hazard
4. Chemical Hazard

Please write the correct answer in the box below

|  |
| --- |
| Electrical Hazard |

Risk control

Please choose the correct type of control for each of the situations

**Q5 – Swapping old electrical cords for new ones would be called a …**

1. **Substitution control**
2. Engineering control
3. Administrative control
4. Personal protective control

Please write the correct answer in the box below

|  |
| --- |
| Substitution control |

**Q6 – Removing floor clutter away from where people walk would be called a …**

1. Substitution control
2. **Elimination control**
3. Engineering control
4. Personal protective control

Please write the correct answer in the box below

|  |
| --- |
| Elimination control |

**Q7 – Wearing gloves when picking up sharp objects would be called a …**

1. Elimination control
2. Substitution control
3. Administrative control
4. **Personal protective control**

Please write the correct answer in the box below

|  |
| --- |
| Personal protective control |

**Q8 – Changing the equipment you work with to a safer type would be called a …**

1. Engineering control
2. Administrative control
3. **Substitution control**
4. Personal protective control

Please write the correct answer in the box below

|  |
| --- |
| Substitution control |

Duty of care

**Q9 – What would be your responsibilities as a worker at a work place**

1. **Report hazards you see to a responsible person**
2. Fix hazards yourself

Please write the correct answer in the box below

|  |
| --- |
| Report hazards you see to a responsible person |

**Q10 – What would be your responsibilities as a worker at a work place**

1. Write safety rules and follow them
2. **Know what the safety rules are and follow them**

Please write the correct answer in the box below

|  |
| --- |
| Know what the safety rules are and follow them |

**Q11 – What would be your responsibilities as a worker at a work place**

1. **Follow the safety rules and help maintain a safe work place for everyone**
2. Show other people the safety rules

Please write the correct answer in the box below

|  |
| --- |
| Follow the safety rules and help maintain a safe work place for everyone |

Emergency and safety

**Q12 – In case of an emergency such as fire where would your assembly point be?**

Please write the correct answer in the box below

|  |
| --- |
| Oval |

**Q12 – In your own words write what these safety symbols mean?**

|  |  |
| --- | --- |
| Image result for wear ear protection | Ear plugs must be worn in this area |
| Image result for no smoking | No smoking allowed |
|  | Construction helmet must be worn |
| Image result for no food | No food or drinks |
| Image result for no walking | No entry, Authorized personal only |

Work Station setup

**Q13 – Your teacher will show you how to setup your work station correctly.**

**In the box below list the following ….**

* **List 3 things you checked**
* **List one or more safety adjustment or improvement you made**

Please write the your answer in the box below

|  |
| --- |
| * Slightly tilt back chair while sitting * Get up and walk, or grab water * Don’t let your wrist rest on table |
| **Adjustment or improvement I’ve made.\**   * Slightly tilt back chair while sitting * Don’t let your wrist rest on table |