

MULTIPLE CHOICE: READ EACH QUESTION CAREFULLY AND WRITE THE LETTER OF THE CORRECT ANSWER.

1. What is the main goal of occupational safety and health?

- A. To increase product prices
- B. To reduce employee benefits
- C. To protect workers' health and well-being
- D. To train workers in how to cook faster

2. What is health, according to the World Health Organization?

- A. Absence of illness
- B. Physical strength only
- C. Total well-being in physical, mental, and social aspects
- D. Freedom from work

3. Which of the following is NOT part of occupational safety?

- A. Wearing safety gear
- B. Ignoring warnings
- C. Attending safety training
- D. Reporting hazards

4. Which of the following helps prevent grease flare-ups?

- A. Using cold oil
- B. Cleaning stove surfaces regularly
- C. Adding water to grease
- D. Turning off ventilation

5. What should you do before cleaning a hot fryer?

- A. Add ice
- B. Move it to the floor
- C. Let the oil cool
- D. Add more oil

6. A co-worker tries to clean a fryer immediately after use. What should you do?

- A. Let them continue for speed
- B. Remind them to wait until the oil cools
- C. Hand them a sponge
- D. Turn off the lights

7. What is the best action to take when working near a fryer and the floor is wet?

- A. Walk faster
- B. Use the fryer quickly
- C. Clean and dry the floor immediately
- D. Ignore the wet floor

8. Which of the following shows a good solution for safe kitchen practices?

- A. Assign staff to clean only when they are free
- B. Use gloves, follow heat limits, and maintain fryers
- C. Let the oil cool for an hour before use
- D. Cook only with a supervisor

9. What happens if you pour water into hot oil?

- A. The oil becomes cleaner
- B. It causes a fire
- C. It cools the oil safely
- D. Nothing happens

10. Which item should be used to clean hot surfaces?

- A. Cloth towel
- B. Scrapers with handles
- C. Your hand
- D. Sponge

11. Why should we not reach over a hot fryer?

- A. It's a shortcut
- B. It helps speed up work
- C. It may cause serious burns
- D. It's cleaner that way

12. Why should grease levels in fryers be correct?

- A. To save oil
- B. To reduce cooking time
- C. To prevent overflows and fires
- D. To cook evenly

13. What does "occupational" refer to?

- A. Personal hobbies
- B. Home-based activities
- C. Work or job-related tasks
- D. Recreational sports

14. What is the result of poor occupational health and safety?

- A. Fewer job applicants
- B. Increased productivity
- C. More workplace accidents
- D. More holidays

15. What tool is NOT for cleaning fryers?

- A. Gloves
- B. Scraper
- C. Spoon
- D. Cleaning brush

16. You observe a new worker adding a large batch of frozen fries directly into hot oil.

What should you advise?

- A. Add more fries to speed up cooking
- B. Pour cold water to balance the oil
- C. Reduce the fryer temperature
- D. Add fries slowly to avoid oil splashes

17. Why is it important to keep the floor around hot equipment dry?

- A. For aesthetics
- B. To avoid slips and burns
- C. To keep oil fresh
- D. To cook faster

18. If oil is still hot in the fryer, what is the safest practice?

- A. Clean it immediately
- B. Transfer it to another fryer
- C. Let it cool before handling
- D. Add cold water

19. What can happen if oil containers are moved while still hot?

- A. Safer storage
- B. Risk of burns and spills
- C. Saves time
- D. Cleans the surface

20. If a small grease fire starts on the stovetop, what should you immediately do?

- A. Pour water on it
- B. Cover it with a lid and use a Class K extinguisher
- C. Leave the area
- D. Fan it to cool down

21. What is the purpose of wearing gloves when cleaning?

- A. So, hands look good
- B. To keep hands warm
- C. To protect from burns and chemicals
- D. To avoid water

22. Why must oil not be stored on floors near the grill?

- A. It will be too hot
- B. Someone might trip
- C. It cooks faster
- D. It keeps oil fresh

23. How can safety procedures affect the company's productivity?

- A. Productivity decreases
- B. No change

- C. Productivity increases
- D. Employees quit

24. What does “well-maintained” safety save?

- A. Time
- B. Oil
- C. Money
- D. Aprons

25. Why is it dangerous to add frozen fries directly into hot oil?

- A. It cools the fryer
- B. It splashes hot oil
- C. It burns the fries
- D. It changes taste

26. What happens when oil is overheated?

- A. It freezes
- B. It becomes safer
- C. It may catch fire
- D. It smells sweet

27. What is the effect of poor safety reputation on a company?

- A. More customers
- B. Better workers
- C. Negative public image
- D. Faster production

28. Why should cleaning tools have handles?

- A. For decoration
- B. To avoid hand burns
- C. To make them heavy
- D. To store them easily

29. What should you use to extinguish an oil or grease fire?

- A. Water
- B. Wet towel
- C. Class K fire extinguisher
- D. Sand

30. Which action shows proper application of deep fryer safety?

- A. Pouring all fries at once
- B. Using gloves and tools with handles
- C. Cleaning with bare hands
- D. Storing oil beside the grill

31. You are asked to strain oil while it's still hot. What should you do?

- A. Comply quickly
- B. Ask to wait until the oil cools

- C. Use water for cooling
- D. Transfer the oil to another fryer

32. A teammate spills water near the fryer. What should be your first response?

- A. Shout at them
- B. Finish your cooking first
- C. Warn others and clean it immediately
- D. Call the manager only

33. You're asked to redesign your kitchen to improve safety. What would you include?

- A. No signage
- B. Fire extinguisher far from the fryer
- C. Clear floor markings and PPE storage
- D. Remove gloves from work area

34. Which of the following shows a good safety practice?

- A. Cleaning fryers while hot
- B. Standing on wet floors near fryers
- C. Wearing gloves when handling hot oil
- D. Throwing water on grease fires

35. What should you do if you see oil spilled on the floor?

- A. Leave it for someone else
- B. Warn others and clean it immediately
- C. Walk around it
- D. Pour water to clean it

36. Why should frozen food be not dumped directly into a fryer?

- A. It makes food tastier
- B. It wastes oil
- C. It causes oil splatter and burns
- D. It keeps the oil cool

37. What does PPE stand for?

- A. Personal Protective Equipment
- B. Proper Processing Element
- C. Protection Program Essentials
- D. Professional Product Equipment

38. Which fire extinguisher is best for oil fires?

- A. Class A
- B. Class C
- C. Class K
- D. Class D

39. Which is an example of a workplace hazard?

- A. Clean gloves
- B. Hot oil spilled on the floor
- C. Proper signage
- D. Safety drills

40. What happens if water is spilled near hot fryers?

- A. It cools the area
- B. It increases cleaning speed
- C. It causes dangerous splashing
- D. It helps fry better

41. Why is it important to observe safety procedures?

- A. To reduce cooking time
- B. To avoid accidents and injuries
- C. To make food delicious
- D. To please customers

42. If a team member refuses to wear gloves while cleaning hot equipment, what should you do?

- A. Let them be
- B. Tell them it's their choice
- C. Remind them of PPE policies and risks
- D. Take over their task

43. How can you reduce workplace hazards in a food prep area?

- A. Allow multitasking
- B. Encourage barefoot workers
- C. Enforce safety training and PPE
- D. Let employees decide safety steps

44. You noticed a leak of oil near the fryer. What should you do?

- A. Put a chair in front
- B. Continue working
- C. Report and clean it at once
- D. Use the oil for cooking

45. A co-worker got burned by not using the scraper with handle. What improvement would you suggest?

- A. Keep the scraper hidden
- B. Provide training and label all tools
- C. Remove all hot equipment
- D. Make them responsible for all tasks

46. **What item is commonly used to protect hands in a hot kitchen?**
- A. Scarf
 - B. Apron
 - C. Gloves
 - D. Hairnet
47. **What is one simple way to prevent accidents when using a deep fryer?**
- A. Pour oil directly on the fire
 - B. Follow manufacturer's instructions
 - C. Leave it unattended
 - D. Overfill it with oil
48. **You are part of a safety committee. What suggestion can help reduce fryer accidents?**
- A. Avoid safety signs
 - B. Use metal spoons
 - C. Post visual safety reminders in the kitchen
 - D. Turn off lights during cooking
49. **During your evaluation of a fast-food kitchen, you noticed many safety violations. What should be your recommendation?**
- A. Ignore them
 - B. Provide safety orientation and assign monitors
 - C. Remove all fryers
 - D. Increase customer capacity
50. **You are tasked to orient new staff about OHS. What strategy is best?**
- A. Let them watch others
 - B. Hand out a memo
 - C. Conduct interactive safety drills with demo
 - D. Allow them to learn through mistakes

ANSWER KEY:

- 1. C
- 2. C
- 3. B
- 4. B
- 5. C
- 6. B
- 7. C
- 8. B

9. B
10. B
11. C
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