

# MCLB ALBANY SAFETYGRAM

## VPP Awareness: Quiz Your Safety Knowledge

Now that we have achieved VPP Star Recognition, it is time to continue our focus on safety excellence. Challenge your knowledge on safety by answering some frequently asked questions and identifying at least 10 workplace hazards in the picture displayed below.

### Frequently Asked Questions

- When discussing safety, the acronym VPP stands for.....
  - Voluntary People Protection
  - Voluntary Protection Programs
  - Visibly Protected Person
- VPP is a manager-driven program requiring all employees at the site to follow VPP standards.
  - True
  - False
- Who benefits from being a VPP STAR site? (check all that apply)
  - OSHA
  - All Employees
  - Only Managers
- Who is responsible for your safety?
  - Me, the Employee
  - My co-workers
  - My manager
- What are examples of Personal Protective Equipment (PPE)? (check all that apply)
  - Safety Glasses
  - Ear Muff
  - Padded hand rails
  - Steel-Toed Work Shoes
- Which of the following are elements of VPP? (check all that apply)
  - Management Leadership and Employee Involvement
  - Worksite Analysis
  - Hazard Prevention and Control
  - Safety and Health Training
- By conducting outside tasks during the mornings or the cooler part of the day to prevent extreme exposure to heat, what type of control is this?
  - Personal Protective Equipment
  - Engineering
  - Administrative
- Wearing PPE is the FIRST preferred method for hazard protection in the Hazard Control Hierarchy.
  - True
  - False

### Spotting Workplace Hazards

There are four main types of workplace hazards:



- Physical hazards** are the most common hazards and are present in most workplaces at some time. Examples include: frayed electrical cords, unguarded machinery, exposed moving parts, constant loud noise, vibrations, working from ladders, scaffolding or heights, spills, tripping hazards.
- Ergonomic hazards** occur when the type of work you do, your body position and/or your working conditions put a strain on your body. They are difficult to identify because you don't immediately recognize the harm they are doing to your health. Examples include: poor lighting, improperly adjusted workstations and chairs, frequent lifting, repetitive or awkward movements.
- Chemical hazards** are present when you are exposed to any chemical preparation (solid, liquid or gas) in the workplace. Examples include: cleaning products and solvents, vapors and fumes, carbon monoxide or other gases, gasoline or other flammable materials.
- Biological hazards** come from working with people, animals or infectious plant material. Examples include: blood or other bodily fluids, bacteria and viruses, insect bites, animal and bird droppings.

**In the picture below, can you identify at least 10 workplace hazards?**



In order for us to maintain VPP Star Status, we need to constantly refresh our knowledge about safety and take an active approach when it comes to identifying hazards in the workplace. For additional information about VPP awareness or answers to the quiz above, contact Risk Management.



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