Test Administration Instructions

Mechanical Contractors Association MCAA of America

SAFETY EXCELLENCE INITIATIVE

How to Administer Tests to Trainees

In this document, you will find a 20-question multiple-choice test that corresponds with a particular MCAA Safety Training Video.

1. Ensure that you have the test that corresponds with the planned video training.
2. Make one copy of the test for each trainee.
3. Give one test to each trainee. Remind them to put their name on each page of their copy in case pages become separated.
4. Collect all test papers after they are completed.
5. Grade the tests using the answer keys provided in the "Answer Keys" document at www.mcaa.org/private/videos.
6. Return the graded test papers to each trainee. Make sure they understand the correct answers to all of the test questions they answered incorrectly.
7. Collect **ALL** of the test papers and place them in a secure file.
8. Keep the completed test papers with your documentation for this video to show proof of worker training.

Recognize Exposure: Hexavalent Chromium in Mechanical Construction Test

Mechanical Contractors Association MCAA of America

SAFETY EXCELLENCE INITIATIVE

Name: _____

***Directions* – Circle the letter corresponding to the best answer for each question.**

1. Hexavalent chromium is a _____
   a. heavy metal.
   b. halogen.
   c. noble gas.
   d. alkali.

2. Hexavalent chromium can be emitted from _____
   a. carbon steel.
   b. stainless steel.
   c. welding rods.
   d. a and c.

3. Hexavalent chromium is _____
   a. harmful only when exposure occurs during hot work.
   b. always harmful when exposure occurs.
   c. harmful only when overexposure occurs.
   d. a and b.

4. Significant exposure to hexavalent chromium can result in_____
   a. skin rashes.
   b. ulcers in the nasal passages.
   c. irritation in the throat.
   d. all of the above.

5. The most significant result of overexposure to hexavalent chromium can be _____
   a. mesothelioma.
   b. lung cancer.
   c. granuloma.
   d. all of the above.

More…

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6. In the mechanical construction industry exposure to hexavalent chromium is most likely to occur while performing _____
    a. welding.
    b. cutting.
    c. grinding.
    d. a and c.

7. _____ from hot work, which could include hexavalent chromium, can be inhaled into the body.
    a. Dust
    b. Mists
    c. Fumes
    d. None of the above

8. Dust from grinding, which could include hexavalent chromium, can get into the body through the _____
    a. skin.
    b. mouth.
    c. eyes.
    d. all of the above.

9. Exposure to low concentrations of hexavalent chromium requires _____ worker protection.
    a. no
    b. a low level of
    c. a middle level of
    d. a high level of

10. The Action Level for hexavalent chromium is _____
    a. .5 micrograms per cubic meter.
    b. 2.0 micrograms per cubic meter.
    c. 2.5 micrograms per cubic meter.
    d. 5.0 micrograms per cubic meter.

11. The Permissible Exposure Limit for hexavalent chromium is _____
    a. .5 micrograms per cubic meter.
    b. 2.0 micrograms per cubic meter.
    c. 2.5 micrograms per cubic meter.
    d. 5.0 micrograms per cubic meter.

More…

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12. Exposure to concentrations of hexavalent chromium that is higher than 5 micrograms per cubic meter for 30 days or more a year requires _____ worker protection.
    a. no
    b. a low level of
    c. a middle level of
    d. a high level of

13. When concentrations of hexavalent chromium are found to be at or above the action level, but below the permissible exposure limit, _____ is done to ensure that exposures don't reach hazardous levels.
    a. medical surveillance
    b. grab sample
    c. air monitoring
    d. lung capacity testing

14. The best method for protection against overexposure to hexavalent chromium is _____
    a. respiratory protection.
    b. engineering controls.
    c. protective clothing.
    d. hygiene facilities.

15. When it becomes necessary to wear a respirator you'll need _____ before you use it.
    a. special training on respiratory protection
    b. fit testing
    c. medical clearance
    d. all of the above

16. When engineering controls are not feasible, or don't reduce exposure levels below the permissible exposure limit, you may need to _____
    a. use a respirator and other protective equipment.
    b. use point of operation ventilation.
    c. open doors and windows.
    d. use a commercial grade fan.

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Name:_____

17. Engineering controls include, but are not limited to _____
    a. fans and respirators.
    b. point of operation ventilation units and respirators.
    c. open air ventilation and fans.
    d. fans and point of operation ventilation systems.

18. Always _____ at the end of each work shift and before eating, drinking, smoking, chewing gun or tobacco, or applying cosmetics.
    a. wash your clothes
    b. wash your face
    c. wash your hands and face
    d. wash your hands

19. Never enter a _____ with contaminated clothing or equipment.
    a. designated eating area
    b. standard work area
    c. work area with a working fan
    d. designated hygiene facility

20. Under certain conditions you may need medical surveillance such as when _____
    a. you're exposed to hexavalent chromium at or above the action level for 30 days or more a year.
    b. you experience symptoms associated with hexavalent chromium exposure.
    c. you're exposed to an uncontrolled release of hexavalent chromium.
    d. all of the above.