

COVID-19 Return to Work Exposure Control Plan

25-Question Multiple Choice Test

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In this document, you will find a 25-question multiple choice test that corresponds with your company’s *COVID-19 Return to Work Exposure Control Plan.*

**How to Administer Tests to Trainees**:

1. Make one copy of the test for each trainee.
2. Give one test to each trainee. Remind them to put their name on each page in case the pages become separated.
3. Collect all test papers after each trainee has completed the test.
4. Grade the tests using the corresponding *COVID-19 Return to Work Exposure Control Plan Answer Key*.
5. Return the graded test papers to each trainee. Make sure they understand the correct answers to all the test questions they answered incorrectly.
6. Collect all test papers again and place them in a secure file.
7. Keep the completed test papers to show proof of worker training and training content understanding.

**COVID-19 Return to Work Exposure Control Plan Test**

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| **Name:** |  |
| **Directions:** Circle the letter corresponding to the best answer for each question. |

1. COVID-19 is a virus that originates in
	1. camels
	2. bats
	3. mosquitos
	4. birds
2. The COVID-19 virus spreads by
	1. respiratory droplets from a cough or sneeze
	2. open cuts or abrasions
	3. ingesting contaminated food
	4. drinking contaminated water
3. The virus enters the human body by way of the
	1. lungs (inhalation)
	2. eyes (mucus membrane)
	3. nose and mouth (mucus membrane)
	4. all the above
4. Emergency warning symptoms of COVID-19 include
	1. cough
	2. headache and sore throat.
	3. chills, fever of 100.4O F or higher, and new loss of sense of taste or smell
	4. shortness of breath, persistent pain or pressure in chest, and new confusion
	5. none of the above
5. Individuals who are at high risk for severe illness or death if they contract COVID-19 include those who
	1. smoke and/or those with a body mass index (BMI) of 40 or higher
	2. are 45 years old and older
	3. own certain types of exotic pets
	4. participate in frequent vigorous exercise

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| **Name:** |  |

1. If you feel sick
	1. take ibuprofen, acetaminophen, or some other fever reducing medication
	2. avoid working within 6 feet of your coworkers and others on the jobsite
	3. Wear a cloth face covering, so that you will not infect others on the jobsite
	4. stay home and let your foreman or immediate supervisor know immediately

1. Help prevent contracting and spreading COVID-19 by avoiding gatherings of more than \_\_\_\_\_ people.
	1. 5
	2. 10
	3. 15
	4. 20
2. Another way to help prevent contracting and spreading the virus is to

* 1. practice good personal health and hygiene
	2. wear a cloth face covering or surgical mask at work and when in public
	3. practice appropriate social distancing
	4. all the above
1. Frequently touched surfaces, such as doorknobs, handles, light switches, telephones, tables, countertops, phones, etc. should be disinfected at least
	1. hourly
	2. daily
	3. weekly
	4. monthly
2. If you use an alcohol-based disinfectant solution, it should contain at least \_\_\_\_\_ % alcohol.
	1. 60
	2. 70
	3. 99
	4. 100

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| **Name:** |  |

1. As part of practicing good personal health and hygiene you should wash your hands frequently with soap and water for at least \_\_\_\_\_ seconds.
	1. 10
	2. 15
	3. 20
	4. 30
2. When your work area in a facility has been recently disinfected, ask the appropriate onsite personnel for \_\_\_\_\_ to learn about the hazards and protective measures for the disinfectant.

* 1. a WHO sheet
	2. a NIOSH guide
	3. an MSDS
	4. an SDS
1. The minimum appropriate social distance for preventing the spread of, and/or contracting COVID-19 is \_\_\_\_\_ feet.
	1. 5
	2. 6
	3. 8
	4. 10
2. When social distancing while working is temporarily unsafe or impractical, you will need to
	1. quarantine for 14 days following completion of the task
	2. wear additional personal protective equipment (PPE)
	3. use hand sanitizer always while performing the task
	4. increase ventilation/air circulation in the work area.
3. Cloth face coverings are not considered to be
	1. respirators
	2. personal protective equipment (PPE)
	3. protective for handling human waste or sewage
	4. all the above

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1. For higher risk applications, elderly individuals, and individuals with underlying medical conditions, the best protection for the respiratory system, nose and mouth is
	1. a cloth face covering or surgical mask
	2. a cloth face covering or surgical mask, and a face shield
	3. an N95 or N95 type respirator
	4. staying at least 6 feet away from everyone else on the jobsite
2. Daily jobsite surfaces disinfection includes disinfecting many items, such as
	1. radios, elevator buttons, handrails, ladders, and gang box latches and handles
	2. hand sanitizer and soap dispensers, light switches, and toilet flush handles
	3. door handles, mobile table and cart handles, aerial lift gates-chains, and controls
	4. all the above and all other frequently touched surfaces
3. In lower risk work applications, where social distancing is temporarily unsafe or impractical be sure to wear safety glasses and
	1. a cloth face covering or surgical mask, and nitrile gloves
	2. an N95 or N95 type respirator, face shield and nitrile gloves
	3. a cloth face covering or surgical mask, face shield, and cut resistant work gloves
	4. a splash proof face shield, N95 or N95 type respirator, and nitrile gloves
4. When working on HVAC equipment with energized electrical conductors or circuit parts protect yourself first from
	1. COVID-19
	2. arc flash
	3. electrical shock
	4. b and c
5. When cleaning and disinfecting your tools use
	1. turpentine
	2. paint thinner
	3. a mild soap
	4. a strong degreasing soap

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1. The best product to use for disinfecting your tools is

* 1. 100% Clorox bleach
	2. isopropyl rubbing alcohol
	3. soap and hot water
	4. the tool manufacturer’s recommended disinfectant
1. When cleaning and disinfecting tool batteries
	1. wipe down only the exterior surfaces of the batteries
	2. wipe down all surfaces of the battery
	3. wipe down the entire battery with disinfectant
	4. dry the batteries with compressed air
2. When working on HVAC equipment with energized electrical conductors or circuit parts near plumbing vents or exhaust fans, wear
	1. nitrile gloves instead of electrical protective rubber gloves
	2. an N95 respirator under your arc flash face shield
	3. a Tyvek suit in place of arc flash protective coveralls
	4. none of the above
3. When using hand sanitizer, be sure to \_\_\_\_\_ before going near any potential sources of ignition, including static electricity.

* 1. sanitize the backs of your hands, fingernails, and between your fingers/thumb
	2. use a sanitizer with 10% alcohol or less
	3. let the sanitizer evaporate completely
	4. disinfect the potential sources of ignition
1. Individuals who are \_\_\_\_ years old or older are considered to be at high risk for severe health issues from COVID-19.
	1. 40
	2. 50
	3. 60
	4. 70