Occupational Health and Safety in the Healthcare Industry
E-learning program modules

Please insert disc into your computer and follow along answering and participating in the Occupational Health and Safety in the Healthcare Industry.

Please circle your answers to the questions on this paper copy as well, in order to receive your continuing competence credits.

The College is aware that not all the questions may pertain to your particular work environment; however it is a valuable tool to earning your continuing competence requirements.

The value of the continuing competence exercise is 4 EC.

Please fill in the bottom page with Name and License Number fax to the College with the answers.

Module 1 Healthcare Workers and Hazards in the Workplace

Please circle your answers

The term “safety culture” is about the value place on occupational health and safety in the workplace. Can you recognize the signs of a poor safety culture and a good safety culture?

“Accidents happen.”

Good Safety Culture
Poor Safety Culture

“As a worker, I don’t just talk safety, I live safety every day.”

Good Safety Culture
Poor Safety Culture

“My supervisor doesn’t care whether I work safely or not, just whether the job gets done.”

Good Safety Culture
Poor Safety Culture

“The bosses had us put up safety poster and signs, but they don’t check to see whether we’re obeying them and everyone just ignores them.”

Good Safety Culture
Poor Safety Culture

“We work better when we look after health and safety.”

Good Safety Culture
Poor Safety Culture

Your co-worker is searching barehanded in the garbage for something that was accidentally thrown out. Which of these would be a good thing to say that stops the unsafe behavior?

“You idiot! Do you want to get blood poisoning?”

“Hey – put some gloves on or dump out the garbage first. You don’t know what’s in that garbage can.”
Hazard Try it Out #1. Dental Clinic and Homecare
Please circle your answers

The two hazards in the scene are

a) Needles

The dental worker will get a nasty surprise if she sticks herself with a used needle. What should she do?

Throw extra sharps in the garbage.
Get a new sharps container and use it properly.

b) Chair

The dental worker may hurt herself if she stays in this awkward position. What is the best way to control this hazard?

Adjust the stool to the right position.
Take a break every two minutes.

Module 2 Occupational Health and Safety in Healthcare
Please circle your answers
Try it Out: Myths or Facts?

In 2009, Alberta healthcare workers ran a higher risk of missing work from being injured or falling sick than construction workers in Alberta did.

Myth
Fact

From 2006-2009, Alberta healthcare workers filed about six times as many assault and violent acts claims than the provincial average.

Myth
Fact

In general, as a healthcare worker, you are most at risk from biological hazards such as contact with body fluids, parasites/infectious agents (e.g., viruses), or allergens.

Myth
Fact

In each year from 2005-2009, over 3,000 full-time Alberta healthcare workers required time away from work due to injuries, costing on the average more than $13,000,000 dollars per year in compensation payments.

Myth
Fact
Try it out: OHS Terminology
Draw a line from the left column to the right column that identifies the terms listed below.

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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</thead>
<tbody>
<tr>
<td>OHS officers.</td>
<td>Laws and rules about occupational health and safety in Alberta.</td>
</tr>
<tr>
<td>Imminent Danger.</td>
<td>Work is unsafe and not part of your normal job.</td>
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<tr>
<td>OHS Management Systems.</td>
<td>The people who ensure occupational health and safety compliance.</td>
</tr>
<tr>
<td>OHS Act, Regulation, and Code.</td>
<td>Doing what is reasonably practicable to stay safe at work.</td>
</tr>
<tr>
<td>Due diligence.</td>
<td>Employers and workers work together to prevent incidents.</td>
</tr>
</tbody>
</table>

Hazard Try it Out #2
Please circle your answers
This worker could get cleaning chemicals in his eyes. How can he protect himself?

- Wear eye protection and change work to reduce splashes.
- Close his eyes when throwing things into the sink.

Standing near that noisy piece of equipment day after day could cause hearing loss. How can the health of this worker be protected?

- Modify the dishwasher to make it less noisy and/or wear hearing protection
- Put up a sign warning that a noise hazard is present.

This wet floor could cause a bad fall. What should be done?

- Use mats and put on footwear that helps prevent slips on wet floors.
- Train people who work in this area to walk slowly and carefully when the floor is wet.

This worker is handling soiled linen with her bare hands, exposing herslef to blood and body fluids. Which of these is the best thing to do?

- Wear gloves.
- Wash hands frequently.

Module 3 Identifying and Controlling Hazards
Please circle your answers
You use disinfectant every day as part of your job. You notice that if the disinfectant gets on your skin, you breakout in a rash. Which is the better choice?

- Use a different disinfectant that doesn’t cause a rash.
- Wear gloves.
Try it Out: Physical Hazards
Please circle your answers

Which of these are examples of physical hazards?

Sharp knives in the food preparation area.
Viruses
Lifting heavy bags of dirty laundry.
Frayed electrical cords.
Laser beams (such as those used in laser surgery).
Motor vehicle collisions.
Too much work to do in too little time.

Hazard try it Out #3
Please circle your answers

Fatigue is a hazard because people who are tired are more likely to make mistakes. Fatigue can be caused by a number of things, including demands of work and at home. What should the driver do?
Drink something that will help keep him awake (e.g. coffee, black tea).
Get some sleep before your shift.

Vehicle exhaust contains substance and gases that are harmful, such as carbon monoxide (CO). Which of these is the best way to control this hazard?
Post signage and install a CO alarm.
Send a memo reminding drivers to shut off their engines.

This patient could be infectious. How can the mess be cleaned up safely?
Put on gloves.
Stand back and spray the area with disinfectant.

She could seriously hurt herself trying to help this patient move. What should she do?
Take her time; as long as she goes slowly.
Use a mechanical lifting device.

Check your understanding
Please circle your answers

Question 1. It is better to eliminate a hazard than to control it.
True
False

Question 2. You are a home care worker visiting a patient for the first time. When you park in the driveway of the patients home, a big, angry dog approaches the car and barks at you. Is the dog a hazard?
Yes
No
Question 3. You slip and fall while at work and fracture your hip. As a result, you spend a week in the hospital. Must your employer report this incident to Occupational Health and Safety?
Yes
No

Question 4. You and your co-worker routinely talk about unsafe acts and hazards. Is this a sign of a good safety culture?
Yes
No

Question 5. Everyone has a responsibility to identify and control hazards.
True
False

Question 6. Which of these are examples of hazards faced by healthcare workers?
- Overexertion when handling patients.
- Falls.
- Fatigue.
- Violent behavior from co-workers.
- Influenza (the flu).
- Chemical burns.

Question 7. You burn yourself on sterilization equipment while at work. Is this an example of a physical hazard?
Yes
No

Question 8. The front sidewalk leading to your place of work is covered with ice and extremely slippery. Is this a hazard?
Yes
No

Question 9. Occupational health and safety isn’t just nice to do; it’s the law.
True
False

Question 10. What are the three types of hazard controls (other than elimination)?
- Ergonomics
- Engineering
- Administrative
- Accountability
- Pension Program for Employees (PPE)
- Personal Protective Equipment (PPE)

Question 11. In your workplace, workers and the employer meet regularly to discuss occupational health and safety. However, the employer ignores most of the reasonable suggestions that workers have about improving safety. Is the employer’s behavior a sign of a good Occupational Health and Safety Management System?
Yes
No

Question 12. Your employer provides safety training, and you make sure you take the training. Is this an example of employers and workers both taking responsibility for occupational health and safety?
Yes
No
Question 13  The Government of Alberta has created a series of best practices in healthcare guides and other eLearning program that can teach you more about health and safety on the job.  
True  
False  

Question 14  The cold-water tap in the lunchroom doesn’t shut off all the way and runs into the sink.  Is this an occupational health and safety hazard?  
Yes  
No  

Question 15  Who is responsible for enforcing health and safety laws in Alberta by inspecting work sites?  
Royal Canadian Mounted Police (RCMP).  
Firefighters.  
Employers.  
Government of Alberta OHS Officers.  

Question 16  You are a female healthcare worker.  A patient tries to pinch your bottom.  This is an example of a:  
Biological hazard.  
Chemical hazard.  
Physical hazard.  
Psychological hazard.  

PLEASE FAX YOUR ANSWERS INTO THE COLLEGE OF OPTICIANS OF ALBERTA  780-426-5576 OR 1-800-584-6896

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