

Janitorial Safety Quiz

Workplace Safety > Janitorial Safety Quiz > Question 1

Choose the correct answer

1. What is a good time to conduct new cleaning staff's training?
 - (A) One month into the job
 - (B) **Right after hiring**
 - (C) They will learn on-the-job
 - (D) Before employment
2. Providing cleaning staff with Personal Protective Equipment (PPE) is optional.
 - (A) True
 - (B) **False**
3. A piece of cleaning equipment is not working properly. What is the correct procedure for addressing the issue?
 - (A) Have a proper reporting procedure in place
 - (B) Attach maintenance / repair tags and labels, set equipment aside
 - (C) Try to fix it yourself first
 - (D) **Option a and b**
 - (E) Option b and c
4. Which of the following is a good practice to follow when working with cleaning products?
 - (A) Dilute highly concentrated cleansing products, if recommended
 - (B) Always read the instruction labels regarding application and emergency steps very carefully
 - (C) Place appropriate hazard warning signs and labels on containers
 - (D) Options b and c
 - (E) **All of the above**

5. Mixing cleaning chemicals increases their effectiveness.

- (A) True
- (B) False

6. When working with moving barrels / carts, frequently used items should be placed _____

- (A) In the middle
- (B) Far from you
- (C) Closer to you

7. What is the recommended posture for lifting, emptying and keeping cans and buckets?

- (A) Bend your knees and keep your back straight as you pick up or lower the items
- (B) Stoop over as much as you need to
- (C) Bend over at a 90 degree angle and then pick up the item
- (D) Options b and c

8. A good ergonomic trick for wrist health is to _____ while scrubbing a surface.

- (A) Apply less pressure
- (B) Alternate hands frequently
- (C) Take timely breaks
- (D) Options b and c
- (E) Options a and b

9. When lifting heavy buckets, what consideration needs to be taken?

- (A) A thick handle for grip
- (B) Water divided equally in 2 buckets to distribute weight evenly
- (C) Gloves for better grip and extra padding
- (D) Options a and c
- (E) All of the above

10. Which of the following actions should be avoided while cleaning to prevent injuries to the shoulders, neck, back, and arms?

- (A) Making small movements
- (B) Keeping hands between shoulders
- (C) Overreaching
- (D) All of the above

11. Keeping in mind the overall health of workers, rag / string mops are more effective than microfiber mops.

- (A) True
- (B) False

12. For janitorial staff, one of the best case practices to prevent trips and falls is -

- (A) Avoiding slip / trip prone areas completely
- (B) Wearing appropriate safety boots
- (C) Not showing up for work
- (D) Working in bare feet

