Chapter 2 Quiz

Name: ___________________________ Date: ___________________________

Directions: Write the correct letter on the blank before each question.

Objective 1:
List ways to prevent firefighter injuries.

________ 1. Firefighter injuries can be prevented by: (50)
   A. allowing non-standard work uniforms.
   B. allowing firefighters to work independently at incidents.
   C. the use of personal vehicles for minor responses.
   D. the use of personal protective clothing and equipment.

________ 2. Which of the following is the MOST effective way to prevent firefighter injuries? (50)
   A. Comprehensive training
   B. Limiting response calls
   C. Double staffing all shifts
   D. Requiring advanced degrees

________ 3. Which of the following should firefighters do in order to help prevent injuries? (50)
   A. Maintain high levels of stress
   B. Maintain high levels of physical fitness
   C. Limit physical exertion at the fire station
   D. Limit training that includes realistic situations

________ 4. In order to prevent injuries, firefighters should: (50)
   A. follow established safety-related SOPs.
   B. depend upon their own best judgment for procedures.
   C. follow whatever procedures neighboring departments use.
   D. rely on experienced personnel to know the SOPs.
5. Which of the following is the MOST effective way to prevent firefighter injuries? (50)
   A. Maintain flexible and relaxed operating procedures
   B. Limit the amount of responsibility for individual firefighters
   C. Allow firefighters to determine individual protocols
   D. Maintain company discipline and accountability (team integrity)

Objective 2: Discuss National Fire Protection Association standards related to firefighter health and safety.

6. Which of the following statements about NFPA® standards is MOST accurate? (52)
   A. They are considered law throughout the U.S. and Canada.
   B. They address administrative issues and not firefighter health and safety.
   C. They are only guidelines and cannot be adopted as law for a governing body.
   D. They are consensus documents and are not law unless adopted by a governing body.

7. What NFPA® standard specifies the minimum requirements for a fire department health and safety program? (52)
   A. NFPA® 1001
   B. NFPA® 1041
   C. NFPA® 1403
   D. NFPA® 1500

8. The basic concept of NFPA® 1500 is to: (52)
   A. promote fire service careers.
   B. promote legislation affecting the fire service.
   C. promote safety throughout the fire service.
   D. emphasize administrative and office functions.
9. To be in compliance with NFPA® 1500, fire departments must: (52)
   A. have the standard adopted as law.
   B. remain accident free at least 50% of the year.
   C. hire an outside safety consultant for a yearly review.
   D. keep records of all job-related accidents, illnesses, exposures, and fatalities.

10. The goal of training and education in a health and safety program must be to: (53)
    A. prevent increasingly higher insurance costs.
    B. prevent frivolous worker’s compensation claims.
    C. prevent disputes with firefighter unions or membership.
    D. prevent occupational deaths, injuries, and illnesses.

11. Which of the following is an NFPA® 1500 requirement for fire apparatus? (53)
    A. Air conditioning
    B. Fuel efficiency
    C. Restraint devices
    D. Apparatus color

12. How many sets of protective clothing and protective equipment must departments provide for all members for the hazards to which they will be exposed, according to NFPA® 1500? (53)
    A. At least one
    B. At least three
    C. At least four
    D. No set number

13. What must fire departments use during all emergency operations according to NFPA® 1500? (54)
    A. A union-approved management system
    B. Volunteer emergency services personnel
    C. A rotating personnel schedule
    D. An incident management system

14. What does NFPA® 1500 require for firefighters during emergencies? (54)
    A. Rehabilitation
    B. Hazard duty pay
    C. Breaks every 15 minutes
    D. Breaks every 30 minutes
15. Which of the following is NOT a medical and physical requirement of NFPA® 1500? (55)
   A. An infection control program
   B. Free or low-cost health insurance and fees
   C. Confidential health database for each member
   D. Establishment of job-related fitness standards

16. What must the member assistance and wellness program provide to firefighters, according to NFPA® 1500? (55)
   A. On-site child care services
   B. Low-cost consultations with health care specialists
   C. Financial advice and low-cost financial services
   D. Help dealing with substance abuse, stress, and personal problems

Objective 3:
Discuss Occupational Safety and Health Administration regulations.

17. What agency does the Occupational Safety and Health Administration operate under? (56)
   A. U.S. Department of Labor
   B. Environmental Protection Agency
   C. U.S. Department of Commerce
   D. U.S. Department of Health and Human Services

18. Which of the following is one of the overarching duties that OSHA sets forth for employers? (56)
   A. Provide employees premium compensation for hazardous work
   B. Provide life insurance policies for employees engaged in hazardous work
   C. Furnish a place of employment containing amenities such as workout rooms and sick rooms
   D. Furnish a place of employment free from recognized hazards that are likely to cause death or serious injury
19. Federal OSHA regulations apply: (56)
   A. to all employees regardless of employer.
   B. to employees in jobs where injury or death is more probable.
   C. only to federal employees who fight fires and to private sector employees who fight fires.
   D. only to employees whose employer has received federal funding for safety programs.

20. Why do fire departments and other agencies choose to follow OSHA standards even where federal OSHA regulations do not apply? (56)
   A. They are recognized safety standards.
   B. They provide a solid defense against lawsuits.
   C. They eliminate the need for a safety officer.
   D. Adopting OSHA standards creates no additional work.

21. Which of the following statements about OSHA-approved state plans is MOST accurate? (56)
   A. State plans and federal standards must be the same.
   B. State plans may differ from federal standards and can provide lesser protection.
   C. State plans may differ from federal standards but must provide equivalent protection.
   D. State plans may differ from federal standards but must provide greater protection.

**Objective 4:**
Summarize the IFSTA Principles of Risk Management.

22. Which of the following is assessed for tactical decisions in a risk management plan? (58)
   A. Probability of success or failure
   B. Positive versus negative public relations
   C. Financial costs as a percentage of total budget
   D. Benefits to be gained compared to the risks involved
23. Which of the following was NOT a prominent plan considered in the development of the IFSTA Principles of Risk Management? (58)
   A. NFPA® 1500
   B. Those developed by the Phoenix (AZ) Fire Department
   C. Those developed by the Department of Homeland Security
   D. The "Ten Rules of Engagement for Structural Fire Fighting" developed by the International Association of Fire Chiefs

24. According to the IFSTA Principles of Risk Management, activities that present a significant risk to the safety of members shall be: (58)
   A. limited to situations that pose a risk to only a few personnel.
   B. limited to situations that can be managed within a short time frame.
   C. limited to situations with a greater than average probability of success.
   D. limited to situations where there is a potential to save endangered lives.

25. According to the IFSTA Principles of Risk Management, which of the following shall be recognized as inherent risks to the safety of members, and actions shall be taken to avoid these risks? (58)
   A. Activities that are routinely employed to protect property
   B. Activities that are employed to protect individuals
   C. Activities that are employed to train in real-life scenarios
   D. Activities that are routinely employed to protect pets or livestock

26. According to the IFSTA Principles of Risk Management, no risk to the safety of members shall be acceptable when: (58)
   A. there is no possibility to save lives or property.
   B. there is only the possibility of protecting property.
   C. there are not back-up personnel available if injuries occur.
   D. individuals needing assistance have placed themselves in the situation.

27. When applying the IFSTA Principles of Risk Management, which of the following is vital to safety and must always be emphasized? (58)
   A. Team integrity
   B. Individual needs
   C. Public perception
   D. Team member feelings
28. When applying the IFSTA Principles of Risk Management, which of the following statements is MOST accurate? (58)
   A. Saving property is worth risking firefighter's lives.
   B. No property is worth the life of a firefighter.
   C. No individual's life is worth risking a firefighter's life.
   D. Saving property and saving lives are equal in importance.

29. When applying the IFSTA Principles of Risk Management, which of the following is the highest fireground priority? (58)
   A. Ensuring that the incident does not spread
   B. Protecting the lives of victims and bystanders
   C. Protecting the property involved in the fire
   D. Protecting your life and those of your fellow firefighters

Objective 5:
List the main goals of a safety program.

30. One of the main goals of a safety program is to prevent human suffering, deaths, injuries, illnesses, and exposures to hazardous atmospheres and: (59)
   A. contagious diseases.
   B. physical exertion.
   C. weather extremes.
   D. stress-causing situations.

31. Which of the following statements is MOST accurate in stating one of the main goals of a safety program? (59)
   A. Limit the time equipment is used in the field
   B. Reduce insurance rates paid on equipment
   C. Prevent damage to or loss of equipment
   D. Prevent damage to or loss of personal items

32. One of the main goals of a safety program is to reduce the incidence and severity of accidents and: (59)
   A. hazardous exposures.
   B. insurance rates paid on health care.
   C. the turnover rate of employees.
   D. legal actions against the department.
Objective 6:
Discuss firefighter health considerations and employee assistance and wellness programs.

33. Which of the following is NOT a recommendation for maintaining your personal health? (60-61)
   A. Avoid all situations that can create stress.
   B. Have regular physicals and medical checkups.
   C. Maintain a diet low in cholesterol, fat, and sodium.
   D. Use lifting tools or get help to assist with lifting heavy objects.

34. What services does an employee assistance program (EAP) provide? (61)
   A. Confidential assistance in negotiating union contracts
   B. Confidential assistance with perusing legal matters against the department
   C. Confidential assistance with finding other means of employment
   D. Confidential assistance with problems that could adversely affect job performance

35. Which of the following programs would help a firefighter who wanted to stop smoking or lose weight? (61)
   A. Wellness program
   B. Peer support program
   C. Fitness program
   D. Union-sponsored classes

36. Which of the following should be made available as part of the department's critical incident stress management (CISM) program? (62)
   A. A critical incident stress debriefing
   B. Bonus pay for working stressful incidents
   C. Time off after a stressful incident
   D. Debriefing after every shift, regardless of stress
Objective 7:
List guidelines for riding safely on the apparatus.

37. In most departments, what must firefighters be wearing when they enter the cab of the apparatus? (63)
   A. SCBA
   B. Identification tag
   C. Hand-held radio with mike
   D. All of their protective clothing

38. What should firefighters do if sirens and engine noise levels exceed 90 decibels (85 db in Canada)? (63)
   A. Dismount the apparatus
   B. Wear hearing protection
   C. Report the noise level
   D. Ignore excess noise levels

39. NFPA® 1500 requires all firefighters to ride in a seat within the cab and:
   A. carry hand-held radios.
   B. wear hearing protection at all times.
   C. have their seatbelts fastened.
   D. have their PASS devices turned on.

40. In most cases, when mounting or dismounting the apparatus, firefighters should: (63)
   A. use steps and handrails.
   B. jump from the apparatus.
   C. exit from the driver's side.
   D. avoid using handrails.
Objective 8: Discuss safety in the fire station.

________  41. Which of the following is the most common injury related to improper lifting and carrying? (65)
   A. Arm strains
   B. Knee injuries
   C. Back strains
   D. Upper leg strains

________  42. Which of the following can prevent slips, trips, and falls in the fire station? (65)
   A. Good housekeeping
   B. Limited use of equipment with cords
   C. Professional janitorial services
   D. Limited insurance for accidents

________  43. Which of the following is NOT a proper procedure when using hand and power tools? (66)
   A. Wear loose clothing that is comfortable.
   B. Remove jewelry, including rings and watches.
   C. Always return tools promptly to storage after use.
   D. Inspect tools before use to determine their condition.

________  44. Who should be able to use power tools? (66)
   A. Any department personnel
   B. Only firefighters with Level II certification
   C. Only firefighters with a background in using power tools
   D. Only firefighters who have read and understand the tool manufacturer's instructions

________  45. Any power tool not marked “double insulated” should: (66)
   A. rarely be used.
   B. never be used.
   C. have a three-prong plug.
   D. be returned to the manufacturer.
46. Which of the following is NOT a safety rule for power saws? (66-67)
   A. Keep blades and cutting chains dull.
   B. Match the saw to the task and material to be cut.
   C. Allow gasoline-powered saws to cool before refueling.
   D. Avoid using power saws in potentially flammable atmospheres.

Objective 9:
Describe ways to maintain safety in training.

47. Trainees with symptoms of physical discomfort or illness should be: (68)
   A. sent home for the remainder of the day.
   B. able to participate but watched closely.
   C. able to decide for themselves whether or not to participate.
   D. referred to a physician for evaluation prior to continued participation.

48. Which of the following is NOT a general guideline for maintaining personal safety in training? (68)
   A. Appropriate protective gear should always be worn during training.
   B. Take into account environmental conditions and take appropriate actions.
   C. Do NOT allow horseplay or other unprofessional conduct during training.
   D. Take into account your own actions and ignore actions of others.

49. What NFPA® standard must live fire exercises meet? (68)
   A. NFPA® 1021
   B. NFPA® 1403
   C. NFPA® 1521
   D. NFPA® 1600

50. When conducting live fire exercises, the student-to-instructor ratio may not exceed: (68)
   A. 3:1.
   B. 5:1.
   C. 7:1.
   D. 10:1.
Objective 10:
**Explain how to maintain and service equipment used in training.**

51. How often should equipment used for fire training evolutions be inspected? (69)
   - A. Weekly
   - B. Monthly
   - C. Before each drill
   - D. When time allows

52. Training equipment should be tested according to manufacturer’s instructions and: (69)
   - A. time available.
   - B. personnel available.
   - C. applicable standards.
   - D. cost of testing allowed.

53. Which of the following statements about maintaining and servicing equipment used in training is MOST accurate? (69)
   - A. Training equipment does NOT have to be in good condition.
   - B. Records must be maintained on all equipment used for training.
   - C. Equipment used for training wears out slower than equipment used on emergency calls.
   - D. Servicing training equipment is a lesser priority than servicing equipment used on emergency calls.

Objective 11:
**Discuss emergency scene preparedness.**

54. Accidents or injuries at emergencies: (69)
   - A. cannot be prevented and are inevitable.
   - B. can be prevented by always being in a ready state.
   - C. can be prevented by limiting personnel assigned.
   - D. should be seen as part of the risk of emergency services.
55. Which of the following is NOT an action for preparedness that should be taken at the beginning of every work shift? (70)
   A. EMS equipment must be checked and restocked.
   B. SCBA must be fully functional and have a full air cylinder.
   C. PPE must be in personal lockers in the fire station.
   D. Firefighters must be in the proper uniform, physically rested, and mentally alert.

56. When the emergency alarm sounds in the fire station, which of the following actions should be taken? (70)
   A. Stay calm and listen to dispatch information.
   B. Finish whatever activity you are currently engaged in.
   C. Mount apparatus in whatever gear you currently are wearing.
   D. Immediately call for additional personnel at the station.

Objective 12:
Discuss emergency scene safety.

57. Who assumes Command at the beginning of an incident by using an incident management system? (70)
   A. Officer of the first-arriving unit
   B. Officer appointed by dispatch
   C. Most senior officer arriving with 15 minutes
   D. Officer with experience in the type of incident

58. Which of the following must the initial Incident Commander do after assuming Command? (70)
   A. Size up critical factors.
   B. Look for someone to take over Command.
   C. Call the media to report on the situation.
   D. Call jurisdictions with mutual agreements.

59. Where are offensive operations conducted? (70)
   A. Outside the hazard zone
   B. Inside the hazard zone
   C. Within the incident perimeter boundary
   D. Both inside and outside the hazard zone
60. Which of the following is the first tactical priority in a structure fire?
   (70)
   A. Fire control
   B. Rescue
   C. Firefighter safety
   D. Property conservation

61. Which of the following signifies that companies working in the hazard zone are safe and accounted for? (71)
   A. All Clear
   B. Loss Stopped
   C. Under Control
   D. Personnel Accountability Report

62. Which of the following signifies that the fire is controlled with the forward fire progress stopped, no additional units will be required, and there is no imminent danger to firefighters? (71)
   A. All Clear
   B. Loss Stopped
   C. Under Control
   D. Personnel Accountability Report

63. When conducting offensive fire operations, company members inside the hazard zone must: (71)
   A. rotate out every 10 minutes.
   B. rotate out every 15 minutes.
   C. be in direct contact with Command at all times.
   D. be within voice, visual, or physical contact with each other at all times.

64. All companies working in the hazard zone must have at least ___ on the correct tactical channel. (71)
   A. one portable radio
   B. two portable radios
   C. three portable radios
   D. two portable radios per team
65. What are defensive operations based on? (71)
   A. Available personnel for operations
   B. Value of the structures involved
   C. Perimeter of the incident scene
   D. The boundaries of the hazard zone along with the potential collapse zone

Objective 13:
Summarize general guidelines for scene management including highway incidents, crowd control, and cordoning off emergency scenes.

66. Where should fire apparatus be positioned at highway incidents? (72)
   A. To block oncoming traffic
   B. To make room for media crews
   C. In the lanes where traffic is flowing
   D. As far away from the scene as possible

67. Which of the following should NOT be done at highway incidents? (72-73)
   A. Never walk with your back to traffic.
   B. Turn on lights that face opposing traffic.
   C. Set out traffic cones, signs, or other devices to detour traffic.
   D. Turn blocking apparatus front wheels away from the emergency.

68. Which of the following agencies or organizations usually has the responsibility of crowd control? (74)
   A. Fire department
   B. Law enforcement
   C. Private security firms
   D. Business associations involved in the incident
Objective 14:
**Explain the importance of personnel accountability.**

69. Every fire department must use some system of accountability that identifies and tracks all personnel: (74)
   A. on shifts in the fire station.
   B. when away from the fire station.
   C. working in the hazard zone at an incident.
   D. during the interview and promotion process.

70. Which of the following is done when using the passport system of personnel accountability? (75)
   A. Each team member keeps their passport with them at all times.
   B. Each team member exchanges passports with a designated “buddy”.
   C. Before entering the hazard zone, firefighters give their passports to a designated Accountability Officer.
   D. Before entering the hazard zone, company officers place all passports in a zippered coat pocket.

71. In an SCBA tag system, the expected time of exit is based on: (75)
   A. the size of the incident.
   B. the number of personnel in the incident.
   C. the square footage of the building involved.
   D. the pressure in the lowest-reading SCBA in the team.

Objective 15:
**Summarize basic interior operations techniques.**

72. Which of the following is NOT a technique for interior operations? (76-77)
   A. Take the appropriate tools and equipment in with you.
   B. Stay in the building until you are exhausted or run out of air.
   C. Take a hoseline or tag line with you into the hazard zone.
   D. Remain in radio contact with Command or others outside the building.
73. Which of the following should a firefighter do in order to increase chances for survival in interior operations? (77)
   A. Call for additional help, even if it is not needed at the time.
   B. Always be the first firefighter out of the building.
   C. Know the department’s protocol for calling a Mayday.
   D. Remain in any interior operations for less than 5 minutes.

Objective 16:
Describe emergency escape and rapid intervention.

74. When are emergency escape techniques used? (77)
   A. To decrease operation time
   B. To remove victims quickly
   C. To escape a life-threatening situation
   D. To lessen damage to building property

75. Both NFPA® and OSHA require that when firefighters are in an atmosphere that is IDLH, they must work in teams of two or more and have at least ____ fully trained and equipped firefighters standing by outside. (77)
   A. two
   B. three
   C. four
   D. five