| SAFETY MEETING QUIZ |
| --- |
| | Name: |  | Date: |  | | --- | --- | --- | --- | | Safety Topic: | *V2-152 Conduct – Fatigue* | | | |

1. Workplace injuries when workers’ reaction time, coordination, judgement, and awareness are impaired by fatigue.
   1. decrease
   2. should be ignored
   3. increase
   4. are not affected
2. A symptom of workplace fatigue could be
   1. difficulty concentrating.
   2. yawning continuously.
   3. feeling mentally or physically exhausted.
   4. any of the above.
3. To improve the quality of your sleep, try to avoid sunlight or bright lights about before bedtime.
   1. 5 minutes.
   2. 30 minutes.
   3. an hour and a half.
   4. 7-9 hours.
4. By building resilience, managing stress, and developing a consistent daily routine with good sleep habits, workers can reduce the risks associated with fatigue.
   1. True
   2. False
5. To improve your sleep, your sleeping environment should be
   1. cool, dark, and quiet.
   2. near an open window.
   3. warm with at least one light on nearby.
   4. with your bed facing North.

| SAFETY MEETING QUIZ |
| --- |
| | ANSWER KEY | | | --- | --- | | Safety Topic: | *V2-152 Conduct – Fatigue* | |

1. Workplace injuries when workers’ reaction time, coordination, judgement, and awareness are impaired by fatigue.
   1. decrease
   2. should be ignored
   3. increase
   4. are not affected
2. A symptom of workplace fatigue could be
   1. difficulty concentrating.
   2. yawning continuously.
   3. feeling mentally or physically exhausted.
   4. any of the above.
3. To improve the quality of your sleep, try to avoid sunlight or bright lights about before bedtime.
   1. 5 minutes.
   2. 30 minutes.
   3. an hour and a half.
   4. 7-9 hours.
4. By building resilience, managing stress, and developing a consistent daily routine with good sleep habits, workers can reduce the risks associated with fatigue.
   1. True
   2. False
5. To improve your sleep, your sleeping environment should be
   1. cool, dark, and quiet.
   2. near an open window.
   3. warm with at least one light on nearby.
   4. with your bed facing North.