

What's Your Safety Score?

Take this quiz to rate your on-the-job safety. Circle the answer that applies to you.

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|---|--------|---------|-----------|-------|
| 1. I save "horseplay" for after-hours. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 2. I read labels before using chemicals. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 3. I use the right equipment, even when it takes longer. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 4. I clean up spills right away. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 5. I ask questions when I'm not sure of something. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 6. I come to work sober and well-rested. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 7. I take care of dangerous conditions or report them right away. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 8. I take all safety precautions before beginning. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 9. I always unplug equipment before cleaning or working on it. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 10. I stay focused on the task at hand. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 11. I take a "time out" when I'm angry. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 12. I keep my work area neat and organized. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 13. I keep my equipment in good repair. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 14. I know what to do in an emergency. | ALWAYS | USUALLY | SOMETIMES | NEVER |
| 15. I'm careful to put out matches, cigarettes or fires completely. | ALWAYS | USUALLY | SOMETIMES | NEVER |

Scoring: Give yourself 4 points for each "ALWAYS," 3 points for each "USUALLY," 2 points for each "SOMETIMES" and 1 for each "NEVER."

Your Score: Over 50: Excellent safety attitude and practices.

41-50: Great. You help create a safe work environment.

30-40: Good. But why not change some of those "SOMETIMES" to "USUALLY"?

Under 30: You're taking too many chances with your safety. Why not pick three dangerous habits to change right away?