

INSTRUCTIONS

There are 4 steps to receive your White-Card from ABSOLUTE Education.

Step 1. Answer the online questions.

Step 2. Provide your ID and completed statutory declaration with your signature.

Step 3. Visually Record yourself putting on PPE Gear (hardhat, eyewear, earplugs/muffs & high-visibility top).

Step 4. Please call Peter on 0418181815 so we can record your voice answering the following set of questions.

When recording your answers, please

1. Please call us (0418181815) so we can record you over the phone.
2. State your full name at the beginning of the recording.
3. Make it clear ORALLY (speaking with your voice) which of your answers you have chosen.
4. You can use the orange boxes as examples of what needs to be said.

1. CONSTRUCTION HAZARDS

- a. Name 2 construction hazards and how you could reduce the risk of each hazard?

Options: unsafe or unsecure scaffolding.

Options: unsafe or improper use of ditches.

Options: risk of electrocution.

- b. What protective gear or equipment can you use to control the risk?

Options: Kickboards, wall anchors, harness, tether, Hardhat, Eye-wear, boots, mask, Safety-suit, gloves, perimeter fencing, stand-over person.



A construction hazard can be something like unsafe scaffolding or a large hole with no side protection.

To reduce the risk of unsafe scaffolding I would use safety harnesses where possible, kickboards to prevent falling objects. Also the use of wall anchors to prevent collapse or swaying.

For a large hole, I would use Side protection or perimeter fencing around the ditch and The use of a Stand over person.

2. FIRE EQUIPMENT AND RESPONSES

- If a person was to catch on fire, and you had access to a fire blanket, what order of steps would you take to assist them.
- Which of the following extinguishers would best be suited for an electrical fire?
Options: Powder, CO₂, Water, Foam, Wet Chemical.
- Which of the following extinguishers would best be suited for a wood fire?
Options: Powder, CO₂, Water, Foam, Wet Chemical.
- Which of the following extinguishers would best be suited for a chemical fire?
Options: Powder, CO₂, Water, Foam, Wet Chemical.

	A Wood, Paper & Plastic 	B Flammable & Combustible Liquids 	C Flammable Gases 	E Energised Electrical Equipment 	F Cooking Oils & Fats 	
 Powder ABE						Special powders are available specifically for various types of metal fires.
 Powder BE						Special powders are available specifically for various types of metal fires.
 Carbon Dioxide (CO ₂)						Generally not suitable for outdoor fires. Suitable only for small fires.
 Water						Dangerous if used on flammable liquid, energised electrical equipment & cooking oil/fat fires.
 Foam						Dangerous if used on energised electrical equipment.
 Wet Chemical						Dangerous if used on energised electrical equipment.

If one of my colleagues was to catch on fire, the order of steps I would take to assist them is to

- Get them to drop to the floor.
- Wrap them in the fire blanket.
- Get them to roll and roll.
- Call for help.
- Administer First Aid to the best of my knowledge.

If there was an electrical fire (TYPE E), I would use the P_____ extinguisher.

If there was a wood fire (TYPE A), I would use the W_____ extinguisher.

If there was a cooking oil fire (TYPE F), I would use the W_____ extinguisher.

3. OHS PERSONNELL

- a. Identify each of the roles below with the appropriate health and safety person.
- WHO IS, a worker who represents the **health and safety** interests of workers within their workgroup and must work within the organisation.
Options: 1. Health and safety representative (HSR), 2. First Aid Officer, 3. Supervisors, 4. Safety Committee Member
 - WHO is responsible for monitoring and maintaining **first aid** facilities in their office, administering **first aid** and assisting the WHS Site **Officer**.
Options: 1. Health and safety representative (HSR), 2. First Aid Officer, 3. Supervisors, 4. Safety Committee Member
 - WHO sets performance standards for tasks, jobs and roles of their employees and oversee or ensure employees have appropriate and realistic jobs and responsibilities. Can act as a mentor.
Options: 1. Health and safety representative (HSR), 2. First Aid Officer, 3. Supervisors, 4. Safety Committee Member
 - WHO facilitates the co-operation between PCBU and workers to instigate, develop and carry out measures to ensure the health and safety workers.
Options: 1. Health and safety representative (HSR), 2. First Aid Officer, 3. Supervisors, 4. Safety Committee Member

The person who represents the health and safety interests of workers within their workgroup and must work within the organisation is known as the _____ .

The person who is responsible for monitoring and maintaining first aid facilities in their office, administering first aid and assisting the WHS Site Officer is known as the _____ .

The Person whose role is to set performance standards for tasks, jobs and roles is referred to as the _____.

The person who facilitates the co-operation between PCBU and workers to instigate, develop and carry out measures to ensure the health and safety workers is known as _____ .

4. IDENTIFY SAFETY SIGNS

- Blue signs usually have what kind of meaning?
Options: Danger, Mandatory, Emergency, Warning, Prohibit.
- Green signs usually denote what meaning?
Options: Danger, Mandatory, Emergency, Warning, Prohibit.
- What colour are warning signs usually?
Options: Red, Green, Blue, Yellow, White.
- What would you use a red sign with a line through it for?
Options: Danger, Mandatory, Emergency, Warning, Prohibit.



If I was to see a blue sign with a hardhat, this would mean that I must wear that hard hat. It is a MA_____ sign.

Emergency signs are usually GR_____ in colour.

Warning signs are usually YEL_____ in colour.

Signs that are in RED in colour and have a cross through them usually denote that they MUST/MUST NOT be done or are PRO_____.

5. JSA's SWMS & SDS

- a. What document would I refer to if I was to come across an unknown or dangerous chemical or substance?
Options: Job Safety Analysis (JSA).
Safe Work Method Statement (SWMS).
Safety Data Sheet (SDS).
- b. Explain the difference between a Safe Work Method Statement (SWMS) and a Job Safety Analysis (JSA)?
Options: Deals with a particular task or job.
Deals with procedures to carry out a task.
Deals with substances.

JSA **integrates** safety and health principles for a particular task or job.

SWMS deal with the **procedures** of how to carry out tasks in a safe manner.

SDS deal with **substances**. (formerly MSDS Material)

A JSA, SWMS & SDS are all documents. The difference between them is that the safety and health principles for a particular task are contained in the J___ whereas the procedure or method of how to carry out a task in a safe manner is contained within the SW___ while chemicals, substance or dangerous materials and how to store or use them are outlined in the S___.