OOC FAST FACTS

Advancing Workplace Rights, Safety, Health, and Accessibility in the legislative branch

TEST YOUR SAFETY IQ

1. How long is it okay to use an extension cord, under OSHA regulations?
A. indefinitely.
B. six months.
C. never for permanent equipment and only 90 days for specific situations outlined by OSHA.

2. What is a staging area?
A. a predetermined space located by elevator lobbies for use by disabled individuals where they can wait for firefighters or police officers to safely escort them out of the building.
B. an enclosed space protected from heat and smoke
C. a place inside, usually the lobby, where emergency officials gather to make plans

3. True or false: "Not an exit" signs are important.

4. What is a common violation identified during Office of Compliance health and safety inspections?
A. electrical panels being blocked by stored objects, furniture, etc.
B. annunciators (emergency communication systems) not being reset after use or maintained
C. multiple kitchen appliances utilizing and overloading one power strip/surge protector.
D. missing covers and exposed wires on electrical equipment
E. all of the above.

5. What does the Office of Compliance do?
A. Fix building code violations.
B. Performs the work of the Department of Labor, EEOC and Federal Labor Relations Authority to advance the workplace rights, safety, health and accessibility in the legislative branch.
C. Write laws about electrical and fire code.

6. Why is it a bad idea to store boxes in a hallway during a move or renovation?
A. Important safety devices such as fire extinguishers, automated external defibrillator (AED) wall mounted units, some escape masks, and fire alarm pull stations, could be blocked.
B. Emergency exits could be obstructed.
C. The boxes may prevent people in wheelchairs, which need at least a 36-inch clearance, from passing safely during evacuation or other emergency.
D. All of the above.

7. True or false: Your mouse should be as close to your keyboard as possible. Your keyboard should be at a slightly downward angle so that your elbows can fall relaxed at each side. Your wrist should not be bent to either side or up and down when typing.

SAFETY QUIZ CONTINUED

8. Mold can grow on:
A. food
B. wood
C. paper
D. water
E. all of the above.

9. True or false: You don't need to wear safety gloves when cleaning up a broken compact fluorescent lamp (CFL) bulb.

10. The minimum vertical clearance between sprinklers and stored material should be_____.
A. 28"
B. 18"
C. 12"
D. 8"

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Answer key:

1. C – Any extension cord used to power permanent equipment is considered a hazard by OSHA. To solve the problem, you might simply replace the extension cord with a power strip with a power cord of adequate length to reach an outlet. Desks and equipment could be moved so they are closer to existing outlets, or additional outlets may need to be installed by a qualified electrician.
2. A
3. True. Doors that may be mistaken for an exit should be marked to avoid confusion.
4. E – all of the above.
5. B – The OOC is an independent, non-partisan office, serving 30,000 employees of the legislative branch. Our mission is to enforce the Congressional Accountability Act of 1995, which ensures safety, accessibility and freedom from unlawful discrimination.
6. D – all of the above.
7. True.
8. E – all of the above. The key to controlling mold growth is to control the excess moisture it needs to live. In your office, if moisture visible on walls or window sills, or brown is spots on walls or ceilings, report your observations to your building representative.
9. False. When a CFL is broken, wear chemical and cut-resistant gloves to protect your skin from absorbing mercury and from getting cut by the glass. The remains can be disposed of as normal waste, since the amount of mercury is small.
10. B – Boxes, storage, etc. within 18" of sprinkler heads can affect the sprinklers' ability to extinguish a fire.