

Employee Training Assessment: Fundamental Knowledge Questions

Answer all questions. To pass the assessment, all highlighted questions (numbered in shaded box) and at least one of the other questions must be answered correctly.

1

List three examples of work-related factors that affect fatigue.

2

There are three categories of fatigue symptoms that may be observed at work or away from work: physical, mental, and emotional. List two examples of fatigue symptoms for each category of symptoms.

PHYSICAL SYMPTOMS

MENTAL SYMPTOMS

EMOTIONAL SYMPTOMS

3

What is the major shortcoming of simply relying on observations of symptoms to manage fatigue?

4 List four advantages of implementing fatigue management strategies in the workplace.

5 After waking from a nap, why is it critical to wait 15 to 20 minutes before you undertake any safety-critical tasks, including driving?

6 To recover from fatigue, a one-hour nap has the same restorative value as an eight-hour sleep.

True False

7 A 30-minute nap followed by at least 15 to 20 minutes to wake up significantly improves a person's alertness for the drive home.

True False

8 What is the shortest napping period that delivers measurable improvements to your alertness?

9 Food digestion becomes slower at night because the body is not programmed to process food at this time. Name three ways this can adversely affect you.

10 Drinks that contain caffeine, such as coffee, tea, cola, and energy drinks may help to increase your alertness levels. However, if you consume drinks like these frequently throughout the day, caffeine will not be as effective at improving your alertness. Explain why.

11 Name two strategies that help reduce fatigue levels.

12 At what time of day are fatigue levels generally at their highest?

13 Name one shift work related health issue that is experienced only by women.

14 List two factors that may disrupt your sleep without waking you up.

15 How does a pre-bed routine help you get to sleep?

16 When is the most effective time of day for recovery sleep?

17 Name three types of foods you should eat to reduce fatigue and maximize alertness.

18 What is the least amount of water you should drink each day to avoid dehydration?

19 If you do not drink enough water, you may become dehydrated. How does dehydration affect alertness levels?

20 List two signs you need to drink more water.

21 Describe three ways your sleep is affected by consuming more than four standard alcoholic drinks before bed.

22 List two dangers of taking sleeping pills over extended periods of time.

23 List three ways you can let your family and friends know your work schedule and when you are free.

24 Having a healthy social and family life is important for physical and mental well-being. Explain two things you can do to help balance your working hours and your family and social life.

25 Describe two strategies you can use to avoid falling asleep while driving.

Fatigue can cause performance impairment similar to alcohol in drivers.

26 True False

List five strategies that can help daytime sleep.

27

What are three common health problems experienced by shift workers?

28

List five potential advantages of physical exercise.

29

30

List two strategies that can ease the effects of jet lag.
