

Date: \_\_\_\_\_ Name: \_\_\_\_\_

## Train-the-Trainer Pre and Post-Test

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1. Which one of the following is not a workplace-related health hazard for nail technicians?
  - a. Exposure to chemicals from glues, polishes, removers, and other salon products
  - b. Muscle strains from awkward positions or repetitive motions
  - c. Hearing damage from level of equipment noise
  - d. Risk of infection from contact with client skin, nails, and blood
2. Which of the following is **not** a way to remove chemicals from the air during work hours?
  - a. Open doors and windows on both sides of the salon
  - b. Put fans in the middle of the salon to circulate air
  - c. Turn on the heating, ventilation, and air conditioning (HVAC) system
  - d. Turn on exhaust fans
3. Who is responsible for employee safety and health?
  - a. Occupational Safety and Health Administration (OSHA)
  - b. Your employer
  - c. You, the employee
  - d. All of the above
4. Which of the following is **not** a way you can engage adult learners:
  - a. Asking them about their experience
  - b. Focusing on how you can provide a solution to their problem
  - c. Stating and reminding them of goals and objectives
  - d. Talking to them in a large group
5. Products used in nail salons may have chemicals that cause: dizziness, headaches, irritation to eye; nose; and throat, and skin rashes. Other chemicals used in nail salons may cause more serious illnesses.
  - a. True
  - b. False
6. A Safety Data Sheet (SDS) is a sheet of paper supplied by the manufacturer that tells you what to do when you exposed to a product.
  - a. True
  - b. False
7. How can you use OSHA to help you?
  - a. Workers can file a complaint for an OSHA inspections if their workplace is hazardous
  - b. Employers can get a free consultation to check for hazards without being cited
  - c. Workers and employers can contact the Santa Ana OSHA office for information
  - d. All of the above
8. Which of the following should you **not** include in your conversation with the worker?
  - a. All of the training material, regardless of their level of experience
  - b. An introduction of yourself and your organization
  - c. The benefits and risks of not learning the information
  - d. A review of the materials you gave to them
9. Which one of the following can cause chemical irritation to the lungs, mouth, and throat?
  - a. Eating lunch next to a coworker who is working on a client
  - b. Leaving cigarettes near chemicals
  - c. Working on a client without wearing a mask
  - d. All of the above

10. Personal Protective Equipment (PPE) such as gloves, safety goggles, dust masks, and respirators should be purchased by the employee.
  - a. True
  - b. False
11. I would be an independent contractor if my employer:
  - a. Gives me IRS Form 1099, instead of a W-2
  - b. Tells me that I am an independent contractor
  - c. Provides me supplies and a work station
  - d. Allows me to set my own appointments and pay rate
12. It is important as a trainer to assess your:
  - a. Strengths
  - b. Weaknesses
  - c. preparation needs
  - d. All of the above
13. Chemicals enter the body by:
  - a. Breathing in (nose, mouth)
  - b. Swallowing (mouth)
  - c. Puncturing or absorbing into skin (eyes and skin)
  - d. All of the above
14. Which type of gloves should you use while working with nail products?
  - a. Nitrile gloves
  - b. Latex gloves
  - c. Vinyl gloves
  - d. All of the above
15. The difference between independent contractors and employees is that employees:
  - a. Need to buy their own supplies and tools
  - b. Must be paid the hourly minimum wage
  - c. Rent their station from the owner
  - d. None of the above
16. What are best practices in doing outreach to Vietnamese nail salon workers?
  - a. Use many platforms like the internet and radio to increase your visibility
  - b. Give them English-language materials
  - c. Use connections in your network to find salon workers
  - d. A & C
17. Products used in nail salons may have chemicals that can harm your: (Topic 1)
  - a. Brain & central nervous system
  - b. Reproductive system
  - c. Skin
  - d. All of the above
18. To prevent getting infected with diseases at work, you should always:
  - a. B & D
  - b. Avoid touching any blood or bodily fluids
  - c. Avoid serving clients who have infectious diseases
  - d. Disinfect tools, foot basins, and other equipment after each use
19. Which of the following are **not** ways to build a good relationship with workers?
  - a. Know your training thoroughly
  - b. Do not ask your team if you are having trouble
  - c. Be willing to work around their schedule and conditions
  - d. Address the reasons of why they may not be interested
20. The following can prevent back pain and headaches:
  - a. Taking breaks outside the salon
  - b. Sitting straight up and not bending over clients' nails
  - c. Stretching in between appointments
  - d. All of the above