

- 1) After washing your hands, which item should be used to dry them?
☐ a) Clean apron
☐ b) Sanitized wiping cloth
☒ c) Single use paper towel
☐ d) Common used cloth
- 2) While washing dishes by hand, which item should you wear?
☐ a) Cutting glove
☐ b) Oven Mitt
☒ c) Rubber glove
☐ d) Nothing
- 3) When should you wash your hands?
☐ a) Before you start work
☐ b) After handling non-food items (garbage, money, cleaning chemicals)
☐ c) After using the restroom
☒ d) All of the above
- 4) If you need to move a heavy load, you should PULL and not PUSH the object.
☐ a) True
☒ b) False
- 5) Which of the following could you be at risk for getting burned from?
☐ a) Steam from boiling pots
☐ b) Hot liquids (coffee, soup, tea)
☐ c) Hot equipment (ovens, pots, chaffing dishes)
☐ d) Harsh chemicals
☒ e) All of the above
- 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.
☒ a) True
☐ b) False
- 7) What should you do if you spill liquids or see a liquid spill?
☐ a) Leave it for someone else to clean-up
☐ b) Wait until the end of your shift to clean it
☒ c) Flag the spill and clean it immediately
☐ d) Not sure
- 8) When handling hot items you should?
☐ a) Wear rubber gloves
☐ b) No need to wear anything
☒ c) Use an oven mitt or dry cloth towel
☐ d) Nothing
- 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?
☒ a) Rinsing
☐ b) Scraping
☐ c) Washing
☐ d) Sanitizing
- 10) What is the proper method for cleaning and sanitizing stationary equipment?
☐ a) Spray with a strong cleaning solution and wipe with a sanitized cloth
☒ b) Spray with a sanitizing solution, then rinse with clean water and dry
☐ c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
☐ d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution