

## **Chapter 2: Firefighter Safety and Health**

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### **MULTIPLE CHOICE**

1. In 2010 the leading causes of fire fatalities were:

- A. live fire training.
- B. overexertion and falls.
- C. stress and overexertion.
- D. overexertion and being struck by an object.

ANS: C                      PTS: 1                      REF: 46

OBJ: 2.I.1 List the main types of job-related firefighter fatalities, injuries, and illnesses.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

2. Which of the following is an injury cost carried by an individual?

- A. Physical pain
- B. Higher insurance payout
- C. Compensation payments
- D. Need to replace personnel off duty

ANS: A                      PTS: 1                      REF: 48

OBJ: 2.I.1 List the main types of job-related firefighter fatalities, injuries, and illnesses.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

3. Which of the following statements BEST describes the difference between acute and chronic illness?

- A. Acute is more serious than chronic.
- B. Acute is short term, chronic is long lasting.
- C. Acute is more painful, chronic is less invasive.
- D. Acute requires a doctor visit, chronic may not.

ANS: B                      PTS: 1                      REF: 49

OBJ: 2.I.1 List the main types of job-related firefighter fatalities, injuries, and illnesses.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

4. Which of the following contributes to the common types of respiratory diseases for which firefighters are at risk?

- A. Heat stress
- B. Psychological stress
- C. Exposure to smoke and chemicals
- D. Exposure to long, irregular work hours

ANS: C                      PTS: 1                      REF: 50

OBJ: 2.I.1 List the main types of job-related firefighter fatalities, injuries, and illnesses.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

5. Which of the following is one way firefighters can reduce exposure to carcinogens present in fires?

- A. Clean helmet liners
- B. Follow good nutritional guidelines
- C. Maintain positive mental attitudes

D. Maintain high levels of physical fitness

ANS: A                      PTS: 1                      REF: 51

OBJ: 2.I.1 List the main types of job-related firefighter fatalities, injuries, and illnesses.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

6. Which of the following illnesses can result in headaches, nausea, and weakness in legs?

- A. Obesity
- B. Alcohol abuse
- C. Cardiovascular disease
- D. Stress-induced hypertension

ANS: D                      PTS: 1                      REF: 52

OBJ: 2.I.1 List the main types of job-related firefighter fatalities, injuries, and illnesses.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

7. Which of the following NFPA® standards establishes the design criteria for protective clothing and equipment?

- A. 1403
- B. 1582
- C. 1851
- D. 1977

ANS: D                      PTS: 1                      REF: 55

OBJ: 2.I.2 Describe the National Fire Protection Association® standards related to firefighter safety and health.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

8. Which NFPA® standard defines safe training practices and programs?

- A. 1403
- B. 1582
- C. 1851
- D. 1977

ANS: A                      PTS: 1                      REF: 55

OBJ: 2.I.2 Describe the National Fire Protection Association® standards related to firefighter safety and health.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

9. Which NFPA® standard sets requirements for care and maintenance of personal and respiratory protection equipment?

- A. 1403
- B. 1582
- C. 1851
- D. 1977

ANS: C                      PTS: 1                      REF: 55

OBJ: 2.I.2 Describe the National Fire Protection Association® standards related to firefighter safety and health.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

10. Which NFPA® standard specifies the minimum requirements for department safety and health programs?

- A. 1407
- B. 1500
- C. 1851

D. 1977

ANS: B

PTS: 1

REF: 56

OBJ: 2.I.2 Describe the National Fire Protection Association® standards related to firefighter safety and health.

NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

11. Which of the following must a fire department's safety and health program address?
- A. All anticipated hazards to which members may be exposed
  - B. All hazards to which members have been exposed in the past
  - C. Some anticipated hazards to which members may be exposed
  - D. Some hazards which members have been exposed to in the past

ANS: A

PTS: 1

REF: 56

OBJ: 2.I.2 Describe the National Fire Protection Association® standards related to firefighter safety and health.

NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

12. Which of the following is a minimum requirement for protective clothing and equipment as established by NFPA® 1500?
- A. New recruits may not need to train with PPE.
  - B. Most personnel should be fully equipped with PPE.
  - C. Protective equipment must meet current NFPA® design standard.
  - D. Protective equipment must meet one of the two most current NFPA® design standards.

ANS: C

PTS: 1

REF: 57

OBJ: 2.I.2 Describe the National Fire Protection Association® standards related to firefighter safety and health.

NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

13. According to NFPA® 1500 emergency operations are limited to:
- A. those that are required to save the most lives.
  - B. those that can be safely conducted by personnel on scene.
  - C. those that can be started as soon as any personnel reach the scene.
  - D. those that can be started as soon as the lives of all on scene are safe.

ANS: B

PTS: 1

REF: 57

OBJ: 2.I.2 Describe the National Fire Protection Association® standards related to firefighter safety and health.

NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

14. NFPA® 1500 requires that departments develop \_\_\_\_, including an annual medical verification of duty fitness.
- A. physical performance standards for all personnel
  - B. physical performance standards for new personnel
  - C. physical performance standards for personnel participating in administrative positions
  - D. physical performance standards for personnel participating in emergency operations

ANS: D

PTS: 1

REF: 59

OBJ: 2.I.2 Describe the National Fire Protection Association® standards related to firefighter safety and health.

NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

15. Occupational Safety and Health Administration (OSHA) regulations only apply to federal employees unless:

- A. local jurisdiction exempts the adoption of certain regulations.
- B. federal jurisdiction exempts the adoption of certain regulations.
- C. a federal jurisdiction decides not to adopt part of the regulations.
- D. a state jurisdiction decides to adopt them as part of local regulations.

ANS: D                      PTS: 1                      REF: 60

OBJ: 2.I.3 Identify Occupational Safety and Health Administration (OSHA) regulations and how they relate to firefighters.                      NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

16. The goal of the National Fallen Firefighters Foundation is to reduce fatalities by twenty-five percent within five years and by \_\_\_\_ in ten years.
- A. 10%
  - B. 15%
  - C. 30%
  - D. 50%

ANS: D                      PTS: 1                      REF: 61

OBJ: 2.I.3 Identify Occupational Safety and Health Administration (OSHA) regulations and how they relate to firefighters.                      NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

17. What is the goal of the International Association of Fire Chiefs annual safety stand-down?
- A. To focus on firefighters
  - B. To focus on firefighter safety
  - C. To focus on firefighter families
  - D. To focus on firefighter fatalities

ANS: B                      PTS: 1                      REF: 62

OBJ: 2.I.3 Identify Occupational Safety and Health Administration (OSHA) regulations and how they relate to firefighters.                      NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

18. The risk management model assumes that responders will risk their lives \_\_\_\_ to save savable lives.
- A. a lot
  - B. a little
  - C. not at all
  - D. sometimes

ANS: A                      PTS: 1                      REF: 62

OBJ: 2.I.4 Summarize the model that supports the concept of risk management.

NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

19. The concept of risk management is based on an assessment of benefits gained compared to the \_\_\_\_:
- A. risks involved.
  - B. safety-first mindset.
  - C. loss of life expected.
  - D. risk to equipment on scene.

ANS: A                      PTS: 1                      REF: 62

OBJ: 2.I.4 Summarize the model that supports the concept of risk management.

20. Which of the following is a goal of fire department safety and health programs?
- A. Prevent fires in jurisdiction
  - B. Prevent high insurance premiums
  - C. Prevent damage to emergency response equipment
  - D. Prevent damage to environment during emergency incidents

ANS: C                      PTS: 1                      REF: 63

OBJ: 2.I.5 Describe fire department safety and health programs. | 2.I.6 Summarize firefighter health awareness issues.      NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

21. Which of the following groups does an Employee Assistance Program offer assistance to?
- A. Firefighters
  - B. Firefighters and their families
  - C. Only firefighters with marital problems
  - D. Only firefighters with drug abuse problems

ANS: B                      PTS: 1                      REF: 65

OBJ: 2.I.5 Describe fire department safety and health programs. | 2.I.6 Summarize firefighter health awareness issues.      NAT: NFPA® 1001, 5.1.1                      TOP: Firefighter I

22. Which of the following BEST describes the causes of apparatus collisions a driver/operator is not responsible for?
- A. Excessive apparatus speed
  - B. Reckless driving by the public
  - C. Improper backing of apparatus
  - D. Lack of apparatus driving experience

ANS: B                      PTS: 1                      REF: 66

OBJ: 2.I.7 Summarize safe vehicle operations.  
NAT: NFPA® 1001, 5.3.2 | NFPA® 1001, 5.3.3                      TOP: Firefighter I

23. The unique characteristics of a fire apparatus can:
- A. make it easier to handle.
  - B. make it more difficult to handle.
  - C. require driver/operators to drive faster than with other vehicles.
  - D. require driver/operators to drive the same as with other vehicles.

ANS: B                      PTS: 1                      REF: 68

OBJ: 2.I.7 Summarize safe vehicle operations.  
NAT: NFPA® 1001, 5.3.2 | NFPA® 1001, 5.3.3                      TOP: Firefighter I

24. When driving a fire apparatus, driver/operators should remember safe driving begins:
- A. before leaving the station.
  - B. when encountering a problem on-scene.
  - C. as soon as a problem occurs while driving.
  - D. when encountering the public when driving to and from the scene.

ANS: A                      PTS: 1                      REF: 69

OBJ: 2.I.7 Summarize safe vehicle operations.  
NAT: NFPA® 1001, 5.3.2 | NFPA® 1001, 5.3.3                      TOP: Firefighter I

25. The distance the apparatus travels from when the driver/operator realizes the need to stop, until the driver/operator's foot touches the brake pedal is:
- A. a very brief time.
  - B. called braking distance.
  - C. called driver-reaction distance.
  - D. a longer time than in a private vehicle.

ANS: C                      PTS: 1                      REF: 70

OBJ: 2.I.7 Summarize safe vehicle operations.

NAT: NFPA® 1001, 5.3.2 | NFPA® 1001, 5.3.3

TOP: Firefighter I

26. Which of the following is the only exception to the rule: never stand on or in moving apparatus?
- A. There is no exception to this rule
  - B. When the emergency situation requires a firefighter to stand on a moving apparatus
  - C. When loading hose and apparatus is moving forward at 5 mph [8 km/h] or less
  - D. When loading hose and apparatus is moving forward at 10 mph [16 Km/h] or more

ANS: C                      PTS: 1                      REF: 72

OBJ: 2.I.8 Summarize guidelines for riding safely on the apparatus.

NAT: NFPA® 1001, 5.3.2

TOP: Firefighter I

27. Which of the following is a common safety measure taken when riding on a fire apparatus?
- A. Wear helmet, regardless of cab type
  - B. Secure all loose tools and equipment
  - C. Wear hearing protection only after arriving on-scene
  - D. Be seated and secure belt while apparatus starts moving

ANS: B                      PTS: 1                      REF: 72

OBJ: 2.I.8 Summarize guidelines for riding safely on the apparatus.

NAT: NFPA® 1001, 5.3.2

TOP: Firefighter I

28. Which of the following is the BEST description of the main cause of injuries suffered in fire stations and facilities?
- A. Safe behavior
  - B. Poor nutrition
  - C. Unsafe behavior
  - D. Lack of driving skill

ANS: C                      PTS: 1                      REF: 73

OBJ: 2.I.9 Describe ways to help prevent accidents and injuries in fire stations and facilities.

NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

29. Which of the following commonly causes slips, trips, and falls in the fire station?
- A. Cluttered surfaces
  - B. Cooking equipment
  - C. Lifting heavy objects
  - D. Toxic cleaning chemicals

ANS: A                      PTS: 1                      REF: 74

OBJ: 2.I.9 Describe ways to help prevent accidents and injuries in fire stations and facilities.

NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

30. Which of the following BEST describes ways to prevent back and leg strains?

- A. Lift with straight back and use legs
- B. Lift with shoulders and use legs only for balance
- C. Lift in an area with plenty of space for maneuvering
- D. Lift in an area with others around in case assistance is needed

ANS: A

PTS: 1

REF: 74

OBJ: 2.I.9 Describe ways to help prevent accidents and injuries in fire stations and facilities.

NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

31. Firefighters should \_\_\_\_ and put all tools in a ready state before storing.

- A. inspect, clean,
- B. modify, clean,
- C. modify as needed
- D. inspect as needed

ANS: A

PTS: 1

REF: 76

OBJ: 2.I.10 Explain general guidelines for tool and equipment safety.

NAT: NFPA® 1001, 5.3.4

TOP: Firefighter I

32. Any power tool not marked double insulated should:

- A. have a two-prong plug.
- B. have a three-prong plug.
- C. not ever be used outside.
- D. not ever be used with an extension cord.

ANS: B

PTS: 1

REF: 76

OBJ: 2.I.10 Explain general guidelines for tool and equipment safety.

NAT: NFPA® 1001, 5.3.4

TOP: Firefighter I

33. Which of the following is a way to prevent accidents with power saws?

- A. Use whatever saw is most convenient
- B. Refuel gasoline-powered saws immediately
- C. Store blades and cutting chains separately
- D. Keep blades and cutting chains well sharpened

ANS: D

PTS: 1

REF: 76

OBJ: 2.I.10 Explain general guidelines for tool and equipment safety.

NAT: NFPA® 1001, 5.3.4

TOP: Firefighter I

34. Which of the following is the BEST way to exhibit safe behavior during training?

- A. Remain focused on training exercise at all times.
- B. Remain focused on training exercise when it seems important.
- C. Be alert for opportunities to play jokes to increase crew morale.
- D. Be alert for ways the training is not what your jurisdiction does exactly and point all those issues out.

ANS: A

PTS: 1

REF: 78

OBJ: 2.I.11 Describe ways to maintain safety in training.

NAT: NFPA® 1001, 5.1.1

TOP: Firefighter I

35. Live fire training must be conducted according to the requirements of which NFPA® standard?
- A. 1000
  - B. 1403
  - C. 1500
  - D. 1582

ANS: B                      PTS: 1                      REF: 78  
OBJ: 2.I.11 Describe ways to maintain safety in training.                      NAT: NFPA® 1001, 5.1.1  
TOP: Firefighter I

36. Which of the following types of equipment may wear out more quickly?
- A. Medical equipment
  - B. Respiratory equipment
  - C. Equipment used for training
  - D. Equipment used for emergency calls

ANS: C                      PTS: 1                      REF: 78  
OBJ: 2.I.11 Describe ways to maintain safety in training.                      NAT: NFPA® 1001, 5.1.1  
TOP: Firefighter I

37. Which of the following BEST summarizes a benefit of the National Incident Management System (NIMS)?
- A. Allows multiple organizations to operate together at high rise incidents
  - B. Allows multiple organizations to operate together at haz mat incidents
  - C. Provides consistent funding for agencies from multiple jurisdictions when operating together
  - D. Provides consistent framework for agencies from multiple jurisdictions to operate together

ANS: D                      PTS: 1                      REF: 79  
OBJ: 2.I.12 State the practices a Firefighter I uses for emergency scene preparedness and safety.  
NAT: NFPA® 1001, 5.1.1 | NFPA® 1001, 5.3.3                      TOP: Firefighter I

38. When operating at an emergency scene, why should a firefighter scan the outside of a building before entry?
- A. To assess structural design
  - B. To assess if entry is possible
  - C. To locate anyone trapped inside
  - D. To locate possible escape routes

ANS: D                      PTS: 1                      REF: 80  
OBJ: 2.I.12 State the practices a Firefighter I uses for emergency scene preparedness and safety.  
NAT: NFPA® 1001, 5.1.1 | NFPA® 1001, 5.3.3                      TOP: Firefighter I

39. When operating at a roadside incident, ensure that floodlights are deployed to direct light down on the scene without:
- A. blinding passing motorists.
  - B. blocking warning signs from view.
  - C. using too much power from generators.
  - D. allowing passing motorists to see the scene.

ANS: A                      PTS: 1                      REF: 80



OBJ: 2.I.12 State the practices a Firefighter I uses for emergency scene preparedness and safety.

NAT: NFPA® 1001, 5.1.1 | NFPA® 1001, 5.3.3

TOP: Firefighter I

40. Which of the following BEST describes all the factors taken into account when establishing on-scene control zones?
- A. Hazard present, weather conditions
  - B. Hazard present, amount of people present
  - C. Work area needed, time of day, weather conditions
  - D. Work area needed, hazard present, weather conditions

ANS: D

PTS: 1

REF: 83

OBJ: 2.I.13 Summarize general guidelines for scene management including highway incidents, crowd control, and cordoning off emergency scenes.

NAT: NFPA® 1001, 5.1.1 | NFPA® 1001, 5.3.3

TOP: Firefighter I

41. The area that must be kept clear in case a piece of a structure collapses during an incident is called the:
- A. cold zone.
  - B. control zone.
  - C. collapse zone.
  - D. crowd control zone.

ANS: C

PTS: 1

REF: 84

OBJ: 2.I.13 Summarize general guidelines for scene management including highway incidents, crowd control, and cordoning off emergency scenes.

NAT: NFPA® 1001, 5.1.1 | NFPA® 1001, 5.3.3

TOP: Firefighter I

42. Which of the following is the BEST description of personnel accountability systems?
- A. Systems that assist in keeping track of personnel's expenses
  - B. Systems that assist in keeping track of firefighters in the fire station
  - C. Systems that assist in keeping track of personnel's use of equipment
  - D. Systems that assist in keeping track of firefighters at an emergency scene

ANS: D

PTS: 1

REF: 85

OBJ: 2.I.14 Explain the importance of personnel accountability.

NAT: NFPA® 1001, 5.3.5

TOP: Firefighter I

43. Which personnel accountability system uses an Accountability Officer to track expected exit times based on the pressure of the team's lowest SCBA reading?
- A. Passport system
  - B. SCBA tag system
  - C. Control board system
  - D. Electronic accountability system

ANS: B

PTS: 1

REF: 86

OBJ: 2.I.14 Explain the importance of personnel accountability.

NAT: NFPA® 1001, 5.3.5

TOP: Firefighter I