

SAFETY MEETING QUIZ

Name:

Date:

Safety Topic: *V2-173 Mental Health*

1. Poor mental health and stress can have a negative impact on
 - a. job performance.
 - b. daily functioning.
 - c. safety on the job.
 - d. all of the above.

2. To reduce stress do not
 - a. manage your workload by setting realistic goals.
 - b. skip breaks to increase your productivity.
 - c. improve your sleep habits.
 - d. find a support network.

3. Use calendars, to-do lists, and project management tools to reduce stress caused by
 - a. disorganization.
 - b. exploration.
 - c. motivation.
 - d. communication.

4. For anyone who wants to learn more about mental health concerns including symptoms and treatment options, it is important to consult _____ sources.
 - a. deceptive
 - b. unverified
 - c. reliable
 - d. biased

5. A proactive approach includes prioritizing healthy habits and self-care which may include
 - a. getting by on less sleep.
 - b. drinking more coffee.
 - c. regular exercise and a balanced diet.
 - d. self-medication with alcohol.



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ANSWER KEY

Safety Topic: V2-173 Mental Health

- Poor mental health and stress can have a negative impact on
 - job performance.
 - daily functioning.
 - safety on the job.
 - all of the above.
- To reduce stress do not
 - manage your workload by setting realistic goals.
 - skip breaks to increase your productivity.
 - improve your sleep habits.
 - find a support network.
- Use calendars, to-do lists, and project management tools to reduce stress caused by
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- For anyone who wants to learn more about mental health concerns including symptoms and treatment options, it is important to consult _____ sources.
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