| GUÍA DE ESTUDIOS - CAPITÁN DE ALTURA | | | | | |
|---|---|---|---|---|---|
| **Q. Number** | **Question** | **A** | **B** | **C** | **D** |
| | ***PERSONAL SAFETY ON VESSELS*** | | | | |
| 1 | Galleys and pantries present particular fire risks. When fat or cooking oil catches fire you should: | call the duty officer. | apply copious quantities of water quickly. | smother with a fire blanket. | stand back and let it burn out. |
| 2 | A safe procedure for cleaning machines in the galley should be established. For example, guards on slicing machines: | should never be removed, not even for cleaning purposes | should only be removed under supervision | when removed for cleaning, should be securely replaced immediately the job is done. | need not be used by experienced personnel, but must be used for training purposes for new personnel |
| 3 | Mark the most important requirement. When going to the cold store, you should: | Wash your hands. | Switch on the lights. | Tell someone that you are going. | Put on warm clothing. |
| 4 | What do you consider to be the most important precaution when working aloft? | Let some know that you are about to go aloft. | Never work aloft without a safety harness. | Work in pairs. | Use both hands to steady yourself. |
| 5 | Galleys and pantries present particular fire risks. Care should be taken in particular: | when using steel utensils | whilst boiling large quantities of food | prior to the serving of meals | to avoid overheating or spilling fat or oil |
| 6 | Who is responsible for your personal safety on board? | I am responsible for my own safety. (Others may also rely on you.) | The Master is solely responsible for the safety of persons on board. | The ship's safety officer is solely responsible for my safety on board. | The superintendent is responsible for my safety. |
| 7 | Use of chemical agents. Select the most relevant statement. Before using chemicals one should always: | wash your hands. | follow manufacturer's or supplier's advice on correct use. | speak to one's supervisor. | ask permission. |
| 8 | What is the aim of safety nets? | To give warning of danger. | To stop un-authorised access. | To minimise the risk of injury arising from falling. | To protect the area under the net. |
| 9 | Why is it necessary to wear proper footwear in the galley? | To avoid catching athlete's foot. | To keep one's feet warm. | For appearance sake in case of visitors. | To avoid broken toes and scalds from spills. |

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| 10 | Some domestic cleaning substances contain bleach or caustic soda whilst some disinfectants contain carbolic acid. Which statement below does NOT belong? | These substances can burn the skin. | They should be treated with caution. | They should be mixed together for special cleaning requirements. | Inadvertent contact should be reported immediately. |
| 11 | What do you believe to be the most important fact for consideration when there is no practical alternative to manual handling? | the sea condition. | the individual's capabilities when the task is being allocated. | the weight of the object to be moved. | the dimensions of the object to be handled. |
| 12 | Who is responsible for your personal safety in the Engine Room? | I am responsible for my own safety. (Others may also rely on you.) | The Chief Engineer is solely responsible for the safety of persons working in the Engine Room. | The ship's safety officer is solely responsible for my safety on board. | The superintendent is responsible for my safety. |
| 13 | What is the minimum time for which a tank should be left after washing before ullaging with a metal tape? | 10 minutes | 15 minutes | 20 minutes | 30 minutes |
| 14 | When carrying an awkward object up a ladder or gangway, you should: | Keep one hand free to hold onto the support rail or rung. | Move as quickly as possible, and avoid spending excessive time on the ladder. | Use both hands to steady yourself, then pull object up on a line. | Move slowly to avoid dropping the object. |
| 15 | When you are feeling ill you should: | go to bed and keep quiet. | drink lots of liquid. | report to a responsible person immediately. | check your body temperature. |
| 16 | If you discover a defect in any equipment or a fitting within the accommodation, such as in the laundry room, air-conditioning units, tiles, carpets, light fittings etc., you should: | make a log book entry. | fix it best you can. | complain to the superintendent. | report it to a responsible person. |

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| 17 | When working near the RADAR scanner you should: | Keep your eye on the scanner in case it starts to move. | Keep your head and body below the level of the moving parts of the scanner unit. | Switch off the radar, remove the fuse and leave a warning notice. | Ask a colleague to stand guard and keep a look out. |
| 18 | What should you do with food that is beyond the expiry date? | Use it immediately. | Throw it out. | Keep it safely in the freezer until needed for consumption. | Give it to charity at the next port of call. |
| 19 | The decision and the suitability of any person to undertake electric arc welding should be taken by: | the deck officer of the watch. | the Master. | the senior officer in charge. | the Superintendent. |
| 20 | Complete the following sentence. As a general rule fresh fruit and salad should be: | eaten as soon as it taken from the cooler | thoroughly washed in fresh water before being eaten | defrosted in controlled conditions | boiled before use |
| 21 | Oil and petroleum vapours: | may smell unpleasant but are not particularly harmful. | are toxic and breathing them should be avoided. | may induce nausea after prolonged exposure. | May cause some vomiting if the person is intoxicated by alcohol |
| 22 | What must be done when machinery is not to be used? | An entry should be made in the log book. | In all cases, warning notices must be posted at or near the controls. | The lubricating oil must be drained off. | The Chief Engineer must be informed. |
| 23 | Which statement does NOT belong? Good health depends on: | sensible diet. | adequate sleep. | occasional excess of alcohol. | avoidance of recreational drugs. |
| 24 | What is the minimum time for which ventilation is recommended prior to pumproom entry? | 10 minutes | 15 minutes | 20 minutes | 30 minutes |
| 25 | No alarm system situated in the engine room should be isolated without the permission of the: | Officer of the Watch. | First Engineer. | Chief Engineer. | Electrical engineer or in his absence, the 1st assistance engineer |

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| 26 | What should you do when you see a spillage of soapy water in the alleyway outside your cabin? | Call the steward. | Report it to the master. | Let it evaporate. | Clean it up as soon as practicable. |
| 27 | What action should you take after making a spill? | Tell some one about it. | Clear it up right away. | Mark the spot and clean it up at the end of the shift. | Don't worry about it, galley floors are designed to cope. |
| 28 | Before you touch any food, you should first of all: | Obtain permission from the person in charge of the galley. | Let someone in charge know how you are going to prepare the food. | Make sure that your hands are really clean. | Put on clean clothes. |
| 29 | What precautions, if any, should be taken when water is used to hose down and wash the galley? | No precautions are necessary. Large amounts of water will help in achieving thorough cleaning and insect/pest control. | Indiscriminate use of water in the galley is dangerous. Power to electrical installations should be isolated. | As long as one wears appropriate protective clothing, the practice of hosing down with large amounts of water is correct procedure. | The water used should be cold and mixed with disinfectant so that germs will be killed. |
| 30 | Electrical fittings in your cabin. Which is the correct statement? | Personal electrical appliances should only be connected to the ship's electrical supply with approval from a responsible officer. | Clothing can be left to dry close to cabin heaters or light bulbs. | Hand pressing irons can be left switched on as long as the iron is left in the upright position. | It is in order to use extension plugs in your cabin as long as the plug is fused. |
| 31 | In case of a galley fire: | Galley staff must raise the alarm, vacate the place and call for the specialists to fight the fire. | Galley staff must not attempt to tackle the fire. | Use a fire blanket or the right type of extinguisher for the fire and raise the alarm. | Galley staff must go to their life boat station. |

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| 32 | Which statement best describes your responsibility for your fellow crew members with respect to their personal protection. | None, each person must look after his/her own safety. | Unsafe or hazardous conditions should be reported to a responsible person immediately. | I should limit my observations concerning safety of others to the job in hand. | It is the sole responsibility of the safety officer, and it is best not to interfere. |
| 33 | Why is it important to read the labels on chemical containers carefully before opening them? | to find out about any hazards from the contents. | to find out how to open the container. | to find out the cost of the contents and avoid waste.. | to find out the quantity in the container. |
| 34 | Which statement best describes the correct way of moving about the ship? | Running is safe, provided the correct foot wear is used. | "Horseplay" releases tensions and is harmless when exercised inside the accommodation. | One hand should always be kept free to grasp the handrail when using alleyways, stairs or companionways. | Sandals, plimsolls or flip-flops are only suitable for use inside the accommodation. |
| 35 | How should knives and boards be used? | They should be colour coded and kept for specific food types to prevent contamination. | No special requirements as long as they are kept clean. | To be kept in a cool place when not in use. | Only for use by senior galley staff. |
| 36 | What is the main reason that crockery and glassware should not be left submerged in washing up water? | The washing up water will get cold. | The washing up water will stain the crockery and glassware. | Hand washing will cause skin problems. | It may easily be broken and cause injury. |
| 37 | Normally, welding should only be undertaken when; | a fire watch is standing by. | the ship is in port. | the office has granted permission to do so. | the Chief Engineer is present. |
| 38 | The growth of food poisoning bacteria can be minimised by good temperature control. Which statement does NOT belong? | Keep the food hot. | Keep the food cold. | Keep the food lukewarm. | Don't keep the food at all. |

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| 39 | Which item does NOT belong? Special care should be taken when welding and flame cutting in enclosed spaces to: | provide adequate ventilation. | be the subject of a "permit to work" system. | be aware that harmful fumes can be produced. | ensure the use of inert gas. |
| 40 | Complete the sentence in the most appropriate manner. When hatch lids are open they should be: | painted bright red on the inside. | marked with a warning sign. | easily and safely secured against movement. | brightly flood lit. |
| 41 | When alone in the engine room you must follow: | the regulations for collision avoidance. | the procedure for attending coffee and meal breaks. | the watch schedule. | the notification procedures. |

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| ANSWERS | |
| 1 | C |
| 2 | C |
| 3 | C |
| 4 | B |
| 5 | D |
| 6 | A |
| 7 | B |
| 8 | C |
| 9 | D |
| 10 | C |
| 11 | B |
| 12 | A |
| 13 | D |
| 14 | C |
| 15 | C |
| 16 | D |
| 17 | C |
| 18 | B |
| 19 | C |
| 20 | B |
| 21 | B |
| 22 | B |
| 23 | C |
| 24 | B |
| 25 | C |
| 26 | D |
| 27 | B |
| 28 | C |
| 29 | B |
| 30 | A |
| 31 | C |

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| ANSWERS | |
| 32 | B |
| 33 | A |
| 34 | C |
| 35 | A |
| 36 | D |
| 37 | A |
| 38 | C |
| 39 | D |
| 40 | C |
| 41 | D |