GUÍA DE ESTUDIO- CAPITÁN					
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.

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	PERSONAL SAFETY ON VESSELS				
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.
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.

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	PERSONAL SAFETY ON VESSELS				
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.
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

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	PERSONAL SAFETY ON VESSELS				
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
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.

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	PERSONAL SAFETY ON VESSELS				
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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	PERSONAL SAFETY ON VESSELS				
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.

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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.
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.

GUÍA DE ESTUDIO CAPITÁN	
PERSONAL SAFETY ON VESSELS	
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

GUÍA DE ESTUDIO CAPITÁN	
PERSONAL SAFETY ON VESSELS	
ANSWERS	
32	B
33	A
34	C
35	A
36	D
37	A
38	C
39	D
40	C
41	D