

# Safety by the Numbers

## *Test your knowledge of safety facts*

Remembering certain key numbers can sometimes be important to your safety and health on and off the job.

1. When driving, always keep at least \_\_\_\_\_ seconds behind the car in front of you and \_\_\_\_\_ seconds at night (not commercial motor vehicles).
2. Never climb higher than the \_\_\_\_\_ step from the top of extension ladders.
3. Stay at least \_\_\_\_\_ feet away from power lines.
4. If your blood pressure consistently measures \_\_\_\_\_/\_\_\_\_\_ or more, you have high blood pressure.
5. Leave at least \_\_\_\_\_ inches of clearance under fire sprinkler heads.
6. The number \_\_\_\_\_ in a blue diamond on a color-coded chemical label means the chemical presents a severe health hazard.
7. Flammable liquids have a flash point of under \_\_\_\_\_ degrees F.
8. If a chemical splashes in your eye, flush your eye for at least \_\_\_\_\_ minutes.
9. Walking at a moderate pace can burn about \_\_\_\_\_ calories an hour.
10. If your blood alcohol concentration is \_\_\_\_\_ percent or higher, you are considered legally intoxicated in most states.

## ANSWERS

1. When driving, always keep at least **2-4** seconds behind the car in front of you and **4-6** seconds at night (not commercial motor vehicles).
2. Never climb higher than the **third** step from the top of extension ladders.
3. Stay at least **10** feet away from power lines.
4. If your blood pressure consistently measures **140/90** or more, you have high blood pressure.
5. Leave at least **18** inches of clearance under fire sprinkler heads.
6. The number **4** in a blue diamond on a color-coded chemical label means the chemical presents a severe health hazard.
7. Flammable liquids have a flash point of under **100** degrees F.
8. If a chemical splashes in your eye, flush your eye for at least **15** minutes.
9. Walking at a moderate pace can burn about **250** calories an hour.
10. If your blood alcohol concentration is **0.08** percent or higher, you are considered legally intoxicated in most states.