**Health and Safety in LPSCS Careers Exam**

1. \_\_\_\_\_ There are many dangers associated with a career in law enforcement. Which of these is not one of the types of dangers discussed?
   1. Stress-related dangers
   2. Emotional dangers
   3. Psychological dangers
   4. Physical dangers
2. \_\_\_\_\_ Law enforcement officers are at risk from physical dangers on a daily basis. Which of the dangers below is not a physical danger?
   1. Exposure to communicable disease
   2. Staying on high alert for extended periods
   3. Risks from traffic stops, accidents, and directing traffic
   4. Falls
3. \_\_\_\_\_ Emotional dangers of law enforcement would include which of the following?
   1. Remaining stoic in difficult situations
   2. Shootings
   3. High divorce rates
   4. Exposure to extreme weather conditions
4. \_\_\_\_\_ Shift work, long hours, being tired and unable to remain alert, falling asleep on the job, and working shifts not conducive to family life are all examples of which type of law enforcement danger?
   1. Physical dangers
   2. Emotional dangers
   3. Stress-related dangers
   4. Statistics
5. \_\_\_\_\_ Correctional officers are at risk from many of the same dangers as law enforcement officers. Which of the following is one of the biggest dangers correctional officers face in relation to their law enforcement counterparts?
   1. Contact with hazardous materials
   2. Carry little protection (weapons)
   3. Assault/threats
   4. Exposure to communicable disease
6. \_\_\_\_\_ Correctional officers are prone to an emotional danger that can ruin their home life. Which of the following would cause significant problems in relationships?
   1. Tough attitude from work carried into personal relationships
   2. Working with violent offenders
   3. Danger of being stabbed, pricked, or cut
   4. Targeted by gang members in the free world
7. \_\_\_\_\_ Fire Services is probably the most dangerous of all the careers in this field. Every encounter could be the last for firefighters. Which of these is not a physical danger faced by firefighters?
   1. Fires
   2. Separation from the team
   3. Shopping for meals
   4. Falling debris
8. \_\_\_\_\_ Depending on the type of assignment in the security field, the physical dangers may be similar to law enforcement. Which of the following is not a physical danger of security services personnel?
   1. Often unarmed
   2. Less trained than law enforcement officers
   3. Work in war zones overseas
   4. Monitor cameras for employee thefts
9. \_\_\_\_\_ “The condition of the body which enables an individual to use his or her body in activities requiring strength, muscular endurance, cardiovascular endurance, flexibility, coordination, agility, power, balance, speed and accuracy, without the undue experience of fatigue and exhaustion” (TCLEOSE) defines which of the following key terms?
   1. Wellness
   2. Physical fitness
   3. Stress management
   4. Health
10. \_\_\_\_\_ Which of the following is not a high-risk incidence for law enforcement?
    1. Mental illness
    2. Alcoholism
    3. Divorce
    4. Suicide
11. \_\_\_\_\_ Which of the following is not an area that physical fitness impacts?
    1. Physical health
    2. Overall wellness
    3. Emotional health
    4. Job performance
12. \_\_\_\_\_ Physical fitness reduces coronary risk, minimizes hypo-kinetic disease, controls weight, improves fatigue tolerance, and which of the following?
    1. Increases energy production
    2. Reduces absenteeism
    3. Increases productivity
    4. Increases alertness
13. \_\_\_\_\_ Which of the following is not a consequence that physical fitness has on emotional health?
    1. Decreases anxiety and depression
    2. Improves self confidence
    3. Reduces healthcare costs
    4. Improves a person’s ability to deal with stress
14. \_\_\_\_\_ Which of the following is not a factor affecting job performance?
    1. Increased alertness
    2. Increased fatigue tolerance
    3. Increased productivity
    4. Reduced absenteeism
15. \_\_\_\_\_ Common stressors that officers face are the financial necessity of a second job, altered social status, and fear about job performance. All of these stressors are considered which of the following?
    1. Emotional symptoms of stress
    2. Physical symptoms of stress
    3. Individual stressors
    4. Appropriate methods of coping with stress
16. \_\_\_\_\_ Which of the following are individual stressors related to the stress management of law enforcement officers?
    1. Frequent exposure to life’s miseries
    2. Rigors of police work
    3. Fragmented nature of job
    4. All of the above
17. \_\_\_\_\_ Abrupt behavior changes, depression, alcoholism, and anti-social behavior are all symptoms of which type of stress?
    1. Emotional stress
    2. Physical stress
    3. Appropriate methods of coping
    4. Individual stressors
18. \_\_\_\_\_ Digestive disorders, headaches, high blood pressure, increased/decreased weight, and back, neck, or shoulder pain are all symptoms of what type of stress?
    1. Emotional stress
    2. Appropriate stress
    3. Individual stressors
    4. Physical stress
19. \_\_\_\_\_ Which of the following are appropriate methods for dealing with stress?
    1. Incorporate time management techniques
    2. Drug or alcohol use
    3. Eating
    4. Holding feelings inside
20. \_\_\_\_\_ Which of the following is not an appropriate method for coping with stress?
    1. Exercise
    2. Relaxation
    3. Taking it out on others
    4. Communication with others
21. \_\_\_\_\_ Which of the following is inappropriate when dealing with drug or alcohol use?
    1. Evaluate your own use of drugs and alcohol
    2. Assist coworkers by keeping their use secret
    3. Urge coworkers to seek help
    4. Encourage coworkers after they seek help
22. \_\_\_\_\_ Which of the following is an ineffective way to relate to others?
    1. Acting like a know-it-all
    2. Making no excuses
    3. Complimenting others
    4. Asking when uncertain
23. \_\_\_\_\_ Which of the following is not a time management technique?
    1. Get up when the alarm goes off so that you do not rush to avoid lateness
    2. Prioritize your list of things to do and start with the most important task
    3. If it is not important to you, delegate it or let it go
    4. Keep all items that you think you might need later
24. \_\_\_\_\_ Which of the following would not be part of the time management technique of getting organized?
    1. Prioritize your list according to importance
    2. Arrange a specific place to put items and return them to that place after use
    3. Create a filing system for paperwork
    4. Use a color coding system to make things easier to find
25. \_\_\_\_\_ Which of these is not a time management technique:
    1. Conquer procrastination
    2. Remember that your weekends are for work
    3. Learn to say no
    4. Protect your prime time
26. \_\_\_\_\_ Who should we learn to compromise with when learning to say no?
    1. Friends
    2. Co-workers
    3. Family
    4. Boss
27. \_\_\_\_\_ Which of these statements does not reflect the “weekends are for you” technique?
    1. Eliminate all distractions and make the most of your time
    2. Try to keep up with household chores during the week
    3. Do the things that are important and let the rest go
    4. If you do have chores, get them done early
28. \_\_\_\_\_ Work overload (shift understaffed) falls under which category of stress management?
    1. Emotional symptoms of stress
    2. Physical symptoms of stress
    3. Individual stressors
    4. Appropriate methods for coping with stress
29. \_\_\_\_\_ Which of the following is one of the biggest dangers in LPSCS jobs?
    1. Physical dangers
    2. Complacency
    3. Emotional dangers
    4. Stress-related dangers