



Blink (Manager)

Quiz

Blink (Manager) Answer Key

- 1) b
- 2) d
- 3) b
- 4) c
- 5) a
- 6) d
- 7) a

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- 1) The purpose of this video is to make sure employees blink throughout the day so their eyes do not get sore and tired.
 - a. True
 - b. False

- 2) Which of the following is a step to implementing the “Blink” program?
 - a. Identify Blinks
 - b. Evaluate Participation
 - c. Introduce the Concept
 - d. All of the Above

- 3) The problem with implementing stretching programs is that many people do not think stretching is very important.
 - a. True
 - b. False

- 4) When we fail to incorporate our “blinking” practice throughout the workday, our company and its employees are at risk of _____.
 - a. Productivity going down
 - b. A heightened risk of injury
 - c. All of the above

- 5) The most important “blinks” are those that occur before fatigue even sets in.
 - a. True
 - b. False

- 6) Which of the following is not a key reminder when implementing the “Blink” program.
 - a. Stretching should not hurt
 - b. Remember that employees should hold the stretch and breath normally
 - c. Create a process that invites participation
 - d. They are all key components to implanting “Blink”

- 7) It is essential to work with your employees to determine which parts of their bodies cause them the most discomfort throughout the day.
 - a. True
 - b. False