

**1. Select the answer that best reflects the content presented in the Lean for Dummies book.**

	True	False
Kaizen is a Japanese word that translates to betterment or improvement.	<input checked="" type="radio"/>	<input type="radio"/>
“Kaizen workshop” and “Value Stream Mapping workshop” are just two different terms for the same thing.	<input type="radio"/>	<input checked="" type="radio"/>
The Plan, Do, Check, Act cycle is used to guide a Kaizen Workshop.	<input checked="" type="radio"/>	<input type="radio"/>
Management level Kaizen Workshops usually address simple, easy to fix job level problems.	<input type="radio"/>	<input checked="" type="radio"/>
Kaizen Workshops are powerful, but Kaizen Workshops should not be the only improvement approach an organization uses.	<input checked="" type="radio"/>	<input type="radio"/>

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## 2. Kaizen is:

- Translated as betterment or improvement
- The way you improve a value stream
- Practiced through a continuing series of improvement workshops at the individual and team level
- All the above

## 3. Kaizen involves:

- Only new employees
- Only senior leaders
- Everyone at all levels

## 4. Which description of the PDCA cycle is incorrect?

- Plan – identify in broad, general, non specific terms what you want to change.
- Do – carry out the plan in a trial or test environment.
- Check (or study) – examine the results of your trial or test.
- Act (or adjust) – implement the changes you have verified on a broader scale.

## 5. The difference between Lean (using the PDCA cycle) and Lean Six Sigma (using the DMAIC framework) is:

- No difference, they are the same thing.
- Lean is an improvement methodology practiced by everyone and includes a trial-and-check step supported by data whereas Lean Six Sigma involves specialists (green or black belts) who lead the improvement effort using great statistical rigor and analysis in order to tackle complex problems.

## 6. Kaizen at the individual level:

- Reduces bureaucracy within the organization and its systems and requires a timed agenda.
- Follows the same PDCA cycle and calls for small incremental improvements related to the individual employee's work.
- Requires conference room space away from the work space and addresses cross-functional problems.