

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Site: \_\_\_\_\_

Position: \_\_\_\_\_

## Module 1: Theory Quiz

1. Manitoba WSH legislation requires that staff are properly trained on \_\_\_\_\_.
  - A. Safe work procedures
  - B. How to use computers at the facility
  - C. Both A & B
  - D. None of the above
2. \_\_\_\_\_ is an injury that can affect the muscle, tendons, ligaments, nerves, vasculature and joints. Damage can result from a single event or develop over time (cumulative trauma).
  - A. Concussion
  - B. Musculoskeletal Injury
  - C. Heart Attack
  - D. None of the above
3. Which is a sign or symptom of a musculoskeletal injury (MSI):
  - A. Pain/Discomfort
  - B. Burning
  - C. Numbness or Tingling
  - D. All of the above
4. Which is **NOT** a common MSI risk factor:
  - A. Forceful Exertions
  - B. Gripping
  - C. Not using a mechanical lift properly
  - D. Sustained/Awkward Postures
5. \_\_\_\_\_ lbs. is the safe resident handling limit guideline.
  - A. 51 lbs
  - B. 35 lbs
  - C. 40 lbs
  - D. 15 lbs
6. Repetition should be considered not only by **frequency** but also by \_\_\_\_\_ and \_\_\_\_\_.
  - A. Length of time/intensity
  - B. Strength of person performing task/length of time
  - C. Gripping/intensity
  - D. None of the above
7. Which is a principle of good body mechanics?
  - A. Use your back not your legs
  - B. Keep the load/elbows close to your body
  - C. Move feet to avoid twisting your back
  - D. Both B and C
8. Which of these high risk transfers are no longer recommended:
  - A. Axilla drag
  - B. Firefighter carry
  - C. Pivot transfer
  - D. All of the above