OSHA SAFETY TRAINING TEST

1. In 2005, how did nursing rank among occupations reporting work-related musculoskeletal disorders involving days away from work?
   a. second
   b. fifth
   c. eighth
   d. tenth

2. In determining whether it’s safe for a nurse to lift a patient’s leg, a good approach is to calculate the leg’s weight as approximately what percentage of the patient’s total body weight?
   a. 9%
   b. 12%
   c. 16%
   d. 20%

3. Ergonomics means:
   a. Making changes to the job to fit the worker.
   b. Making changes to the worker to fit the job.
   c. Making workers work harder at their job.
   d. Selecting stronger workers for the job.

4. A staff nurse asks you to help her perform a lift you feel is unsafe. What would be your best response?
   a. “I’m busy caring for another patient, but I will help find someone to assist.”
   b. “What does the safe lifting algorithm say we need to move the patient?”
   c. “Let me check with my instructor/director if I am allowed to help lift this patient.”
   d. “Tell me how you would like me to assist you with moving the patient.”

5. Why are mechanical aides needed for patient handling?
   a. Nurses do not have sufficient training using proper body mechanics.
   b. Manual lifting techniques are not sufficient to protect nurses from injury.
   c. Body mechanics algorithms are too complicated and difficult to understand.
   d. Nursing staff levels have declined in most institutions in recent years.

6. Use of a gait belt reduces what risk factor from moving patients that isn’t present when moving boxes?
   a. Weight
   b. Dependence
   c. Cooperation
   d. No handles
7. The lifetime prevalence of back pain among nurses is:
   a. 40% to 50%
   b. 35% to 80%
   c. 25% to 80%
   d. 35% to 50%

8. Back pain is the leading cause of disability in those under age:
   a. 45
   b. 30
   c. 54
   d. 27

9. In evaluating lifting devices, remember that:
   a. The proper device must be selected for the intended use.
   b. Portable units that can be easily moved are optimal for any lifting task.
   c. Any device must be appropriate for both weight-bearing and totally dependent patients.
   d. Equipment must be evaluated solely from an ergonomic perspective.

10. No-lift policies have failed in U.S. hospitals because:
    a. Nurses are poorly trained in conducting the risk assessments such policies require.
    b. Such policies are often punitive in nature.
    c. The necessary technologic component has been lacking in most situations.
    d. There is little evidence that such policies can reduce nursing injuries.

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