Thank you for participating in our training course, Strains, Sprains and Pains. This course will cover the fundamentals of ergonomic injury hazards that commercial fishermen face in their daily work.

Additionally, the course will cover ways to reduce risk of musculoskeletal injury caused by poor ergonomics, ideas on how to retrofit deck and work space for more efficient and ergonomically correct fishing, and also ways to treat symptoms of common musculoskeletal disorders among fishermen.
1. Ergonomics is...

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

2. List the 4 Big Risk Factors for musculoskeletal disorders:
   1. __________________________       2. ______________________________
   3. __________________________       4. ______________________________

3. List at least 4 other risk factors for musculoskeletal disorders:
   1. __________________________       2. ______________________________
   3. __________________________       4. ______________________________

4. List five 5 specific factors associated with back injuries:
   1. _____________________________________________________________
   2. _____________________________________________________________
   3. _____________________________________________________________
   4. _____________________________________________________________
   5. _____________________________________________________________

5. A 6' 2" 185 lb man picking up a pen by bending over at the waist, puts a force on his back equal to holding a box at waist level that weighs how many pounds?
   __________
For Questions 6 & 7 please refer to the pictures below:

6. Which position will produce the most back stress? ____

7. Which position will produce the least back stress? ____

8. How much force on the back (in pounds) is required to hold a 50 lb box 22 inches out from the chest? ________

9. In general, is it less stress to push or to pull an object? ________________

10. List 8 recommended practices to reduce back strain:
    1. __________________________
    2. ______________________________
    3. __________________________
    4. ______________________________
    5. __________________________
    6. ______________________________
    7. __________________________
    8. ______________________________

11. List 4 advantages of stretching in preventing injuries:
    1. __________________________
    2. ______________________________
    3. __________________________
    4. ______________________________
12. When are 3 times you should stretch?

1. ______________________________________________________________

2. ______________________________________________________________

3. ______________________________________________________________

13. List 4 causes of back and upper extremity strain:

1. __________________________       2. ______________________________

3. __________________________       4. ______________________________

14. List 5 risk factors for upper extremity musculoskeletal disorders:

1. __________________________       2. ______________________________

3. __________________________       4. ______________________________

5. ______________________________

15. Is keeping the wrist straight or bent more likely to prevent musculoskeletal disorders of the wrist?

________________________

16. List 5 ways to reduce musculoskeletal disorders of the wrist involving grip:

1. __________________________       2. ______________________________

3. __________________________       4. ______________________________

5. ______________________________
17. List 5 ways to reduce musculoskeletal disorders related to posture:

1. __________________________       2. ______________________________

3. __________________________       4. ______________________________

5. ______________________________

18. List 6 ways to reduce musculoskeletal disorders related to repetition:

1. __________________________       2. ______________________________

3. __________________________       4. ______________________________

5. ______________________________       6. ______________________________

19. List 5 ways to reduce musculoskeletal disorders related to contact trauma:

1. __________________________       2. ______________________________

3. __________________________       4. ______________________________

5. ______________________________

20. List 3 causes of shoulder problems:

1. __________________________       2. _____________________________  3. _____________________________

21. List 3 risk factors for shoulder problems:

1. ______________________________

2. ______________________________

3. ______________________________
22. List 4 ways to prevent shoulder problems:

1. __________________________  
2. ______________________________

3. __________________________  
4. ______________________________

25. List 5 signs and symptoms of Carpal Tunnel Syndrome (CTS):

1. __________________________  
2. ______________________________

3. __________________________  
4. ______________________________

5. ______________________________

26. List 8 ways to treat CTS:

1. __________________________  
2. ______________________________

3. __________________________  
4. ______________________________

5. __________________________  
6. ______________________________

7. __________________________  
8. ______________________________

27. The ideal work surface height for doing heavy work while standing is: (check one)

_____ Surface near waist  _____ Surface near stomach  _____ Surface near chest

28. List at least three changes you could make to decrease musculoskeletal disorders in your fishing operation:

1. __________________________  
2. ____________________________  
3. ____________________________

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