

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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