

OSHA SAFETY TRAINING TEST ANSWERS

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. Which statement regarding nursing and body mechanics training is the most accurate?
 - a. Injuries among nursing personnel have decreased within those healthcare facilities using proper body mechanics.
 - b. Body mechanics training takes into account the patient's size, balance, physical condition, coordination, and cognitive functioning.
 - c. It reduces occupational back pain in nurses.
 - d. Some lifting tasks are so stressful to the body that even when proper body mechanics are used, back injuries can still occur.*

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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