

How to Administer Tests to Trainees

In this document, you will find a 20-question multiple-choice test that corresponds with a particular MCAA Safety Training Video.

1. Ensure that you have the test that corresponds with the planned video training.
2. Make one copy of the test for each trainee.
3. Give one test to each trainee. Remind them to put their name on each page of their copy in case pages become separated.
4. Collect all test papers after they are completed.
5. Grade the tests using the corresponding Safety Training Test Answer Key [here](#).
6. Return the graded test papers to each trainee. Make sure they understand the correct answers to all of the test questions they answered incorrectly.
7. Collect **ALL** of the test papers and place them in a secure file.
8. Keep the completed test papers with your documentation for this video to show proof of worker training.

Better by Design: Musculoskeletal Wellness for Mechanical Construction Workers

MCAA

SAFETY EXCELLENCE INITIATIVE

Name: _____

Directions – Circle the letter corresponding to the best answer for each question.

1. A common cause(s) of non-trauma related musculoskeletal pain is (are)
 - a. excessive reaching.
 - b. using improper lifting techniques.
 - c. working overhead for long periods from a static work posture.
 - d. All the above.
2. Mechanical Construction workers bend while working around _____ times each year.
 - a. 25,000
 - b. 50,000
 - c. 100,000
 - d. 500,000
3. When lifting objects, maintain the _____ natural curves in your back by keeping your butt down and head up.
 - a. 2
 - b. 3
 - c. 4
 - d. none of the above
4. When working overhead for long periods, _____ to help prevent musculoskeletal pain.
 - a. position yourself as close to the work as possible
 - b. change work positions frequently
 - c. use equipment that will place you in the best possible ergonomic position
 - d. all the above
5. Ergonomics is
 - a. the science of finding the best possible fit between workers and the actual work.
 - b. the use of personal protective equipment, such as back braces, or lifting belts.
 - c. the science of adapting workers to their work/work areas.
 - d. all the above.

More...

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6. A great way to help prevent musculoskeletal pain is to use _____ when lifting/moving materials and equipment.
 - a. aerial lifts
 - b. mobile scaffolds
 - c. mechanized equipment
 - d. all the above.
7. To help prevent back pain, reduce the number of times you bend each day by staging materials
 - a. on the floor or ground as close to your work area as possible.
 - b. around knee height.
 - c. around waist height.
 - d. around shoulder height.
8. The first thing you should do before lifting a heavy or bulky looking object is
 - a. tighten your back belt.
 - b. assess the weight of the object.
 - c. get help.
 - d. All the above.
9. While lifting an object, remember to
 - a. use your legs and avoid twisting your torso.
 - b. assess the weight of the object.
 - c. get help.
 - d. keep your feet close together.
10. Another way to help prevent musculoskeletal pain is to set up your work areas so that
 - a. you won't have to reach (extend your arms) more than 20" from your torso.
 - b. you won't have to bend more than 50 times a day.
 - c. everything you need is reasonably close by.
 - d. you are as close to the work as possible/practical.

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Name: _____

11. _____ helps prevent musculoskeletal pain and injury.
 - a. Using an over the counter anti-inflammatory medication
 - b. Good personal health
 - c. Adequate ventilation
 - d. Body fat content below 20%
12. Stretching and flexing your muscles is especially important
 - a. when you first arrive at work and after breaks.
 - b. when you first get up each morning.
 - c. each time just before you lift or move an object.
 - d. when you are experiencing musculoskeletal pain.
13. When stretching your muscles, be sure not to
 - a. lock your joints.
 - b. force or bounce a stretch.
 - c. stretch to the point of pain.
 - d. all the above.
14. Poor physical health can lead to insufficient _____ throughout the musculoskeletal system.
 - a. protein
 - b. enzymes
 - c. oxygen
 - d. white blood cells
15. _____ are important to maintaining good physical health and helping to prevent musculoskeletal pain.
 - a. Regular checkups and heart monitoring
 - b. Eating healthy and staying hydrated
 - c. Taking vitamins and amino acids
 - d. Avoiding caffeine and salt

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Name: _____

16. _____ can also help prevent musculoskeletal pain and injury.
- a. Push-ups and sit-ups
 - b. Training using your own body weight or dumbbells
 - c. Workouts on treadmills or elliptical machines
 - d. Cardiovascular and strength training
17. Some of the best tools available that can help prevent musculoskeletal pain are those with
- a. ergonomically designed handles and/or grips, built-in clutches, and anti-vibration features.
 - b. ergonomically designed handles, and anti-vibration features.
 - c. ergonomically designed grips, and built-in clutches.
 - d. built-in clutches and anti-vibration features.
18. Some of the newer construction equipment technology can help workers
- a. reduce reaching.
 - b. perform their work tasks from the best possible ergonomic position.
 - c. a and b above.
 - d. none of the above.
19. More than _____% of mechanical construction workers are 40-years-old or older.
- a. 40
 - b. 50
 - c. 60
 - d. 75
20. Some of the effects of aging that can contribute to musculoskeletal pain/injury, include loss of
- a. strength, range of motion, speed, and becoming fatigued much more quickly.
 - b. strength and range of motion.
 - c. strength and range of motion, and becoming fatigued much more quickly.
 - d. speed, and strength.