

Essential Assessment

WHS: Preventing Musculoskeletal Injuries at Work

Name:

Date:

Please return your completed assessment to your coordinator. Thank you.

Part A

Please tick the correct TRUE or FALSE ANSWER

1. The cartilage acts as a cushion between the bones.

True

False

2. The spine is not designed to protect your spinal cord.

True

False

3. Repetitive movement can cause injury because the tissues cannot fully rest and recover in between a motion.

True

False

4. According to the video, the most effective method of risk control is eliminating the risk completely.

True

False

5. Safe manual handling techniques only apply to what we handle in the workplace.

True

False

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Part B

Select the **MOST CORRECT** answer from the options below each question.

1. According to the video, what are the two body systems that are essential for movement?
 - A. The renal system and the nervous system
 - B. The nervous system and the digestive system
 - C. The nervous system and the musculoskeletal system
 - D. The lymphatic system and the nervous system

2. Our intervertebral discs can:
 - A. allow for a small amount of movement
 - B. stabilise the natural curvature position of the spine
 - C. provide shock absorption
 - D. all of the other answers

3. In the aged care sector, Musculoskeletal Disorders commonly affect the:
 - A. back, shoulders and knees
 - B. knees, ankles and toes
 - C. shoulders, elbows and wrists
 - D. back, ribs and pelvis

4. An example of sustained force could include:
 - A. typing on the computer
 - B. holding a resident's leg for a dressing
 - C. shaking hands with someone
 - D. tripping over

5. The T in TILEO stands for:
 - A. Tool
 - B. Task
 - C. Time
 - D. Take

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Part C

Select the MOST CORRECT word or phrase to complete the sentence

1. The five vertebrae in your lumbar spine or lower back are the
 - A. smallest
 - B. largest
 - C. weakest

2. force is when you apply muscular force over a sustained period of time, usually more than 30 seconds.
 - A. Repetitive
 - B. Dynamic
 - C. Sustained

3. Nerve compression occurs when there is of pressure on the nerves.
 - A. a decrease
 - B. an increase
 - C. a lack

4. Gentle exercise is way to keep the musculoskeletal system performing at its best.
 - A. a good
 - B. an ineffective
 - C. a poor

5. Always plan a lift performing the task.
 - A. before
 - B. after
 - C. while

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