**WHS: Preventing Musculoskeletal Injury at Work Online Question Bank**

Assessment Matrix Option: **5XMC, 5XT/F, 5XFG**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Learning Outcomes** | **Multiple Choice** | **True and False** | **Fill the Gap** | **TOTAL** |
| Explain how the musculoskeletal system works (30%) | 5 | 5 | 5 | 15 |
| Identify the factors that lead to musculoskeletal strain or injury (30%) | 5 | 5 | 5 | 15 |
| Practise good posture and correct manual handling techniques to prevent musculoskeletal injuries (40%) | 5 | 5 | 5 | 15 |
| **TOTAL** | 15 | 15 | 15 | 45 |

**LO1: Explain how the musculoskeletal system works (30%)**

**Multiple Choice**

According to the video, what are the two body systems that are essential for movement?
The nervous system and the musculoskeletal system
The nervous system and the digestive system
The lymphatic system and the nervous system
The renal system and the nervous system

What is the function of the joints?
The joints are connections that allow for movement or stability
The joints act as cushioning between the bones
The joints transmit information to and from the brain
The joints send signals to the muscles to create movement

As we contract or shorten the fibres in the muscle:
oxygen and nutrients in our blood are used as energy
new blood flows back in with more oxygen and nutrients
used waste components like lactate are removed
all of the other answers

The spine runs from the base of your skull to your:
coccyx
metatarsal

patella
fibula

Our intervertebral discs can:
provide shock absorption
allow for a small amount of movement
stabilise the natural curvature position of the spine
all of the other answers

**True or False**

The cartilage acts as a cushion between the bones. TRUE

When looking from the side, the spine resembles an I-shape. FALSE

The five vertebrae in the sacrum are fused. TRUE

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

The musculoskeletal system includes your tendons and ligaments. TRUE

**Fill the Gap**

The %% system is our control centre.
nervous digestive renal

An adult has %% bones of varying size, shape and function.
206 106 306

Ligaments connect one bone to another at a %% .
joint tendon muscle

We have %% vertebrae.
33 23 30

The five vertebrae in your lumbar spine or lower back are the %% .
largest smallest weakest

**LO2: Identify the factors that lead to musculoskeletal strain or injury (30%)**

**Multiple Choice**

Musculoskeletal Disorders can occur as a result of:
gradual wear or tear
a sudden incident
exertion
all of the other answers

In the aged care sector, Musculoskeletal Disorders commonly affect the:
back, shoulders and knees
knees, ankles and toes
shoulders, elbows and wrists
back, ribs and pelvis

An example of sustained force could include:
holding a resident’s leg for a dressing
typing on the computer
shaking hands with someone
tripping over

An example of repetitive movement could include:
crushing pills
slipping on a wet floor
closing the door
putting your hat on

Sudden force is when:

a jerky or unexpected movement occurs when handling someone or something
part of your body is in an unnatural position or unbalanced
you use the same part of your body to complete a task over a period of time
you apply muscular force continually over a sustained period of time

**True or False**

A Musculoskeletal Disorder cannot be prevented. FALSE

A Musculoskeletal Disorder is one the most common workplace related injuries. TRUE

Manual handling does not include holding or restraining. FALSE

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

Arthritis is an example of joint and bone degeneration. TRUE

**Fill the Gap**

%% force is when you apply muscular force over a sustained period of time, usually more than 30 seconds.
Sustained Dynamic Repetitive

%% is when a ligament is stretched beyond its designed limit.
A sprain A strain Disc damage

%% is the result of fatigue, overuse or improper use of a muscle.
A strain A sprain Sciatica

Nerve compression occurs when there is %% of pressure on the nerves.

an increase a decrease a lack

When pain is felt at a location other than the source, it is known as %% pain.
referred excessive insignificant

**LO3: Practise good posture and correct manual handling techniques to prevent musculoskeletal injuries (40%)**

**Multiple Choice**

Before performing any manual handling task, you should consider:
the physical layout
time constraints
staff ability and availability
all of the other answers

The T in TILEO stands for:
Task
Tool
Time
Take

Risk control may involve *Substituting*, which is:
complete removal of the risk
replacing the risk with a safe alternative
separating the person from the risk
using PPE to minimise the risk

Strategies to support good posture include:
sitting in the same position for an extended period of time
bending down regularly to pick up boxes
avoiding prolonged positions where your body may become fatigued
assessing tasks mid-way through performing them

When moving objects, try to:
bend your knees
straighten your knees
keep the load as far from the body as possible
complete the move as quickly as possible

**True or False**

Risk assessment allows us to identify tasks that create a potential risk and establish what controls need to be put in place to minimise that risk. TRUE

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

The handling of people does not have the potential to be a hazardous task. FALSE

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

When assessing an individual, you want to ensure that the person performing the task has the physical capacity to carry it out. TRUE

**Fill the Gap**

Gentle exercise is %% way to keep the musculoskeletal system performing at its best.
a good an ineffective a poor

Always plan a lift %% performing the task.
before after while

The L in TILEO stands for:
load lock limit

When considering your environment, you should check that the lighting is %% .
adequate low minimal

Manual lifting of a person should be %% .
eliminated encouraged promoted