



# PREVENT SOFT TISSUE INJURIES MOVE AND LIFT THE SAFE WAY

## Soft Tissue Injuries Questionnaire

Employee Name \_\_\_\_\_

Employee Position \_\_\_\_\_

Assessment Date \_\_\_\_\_ Score \_\_\_\_/10

### Instructions

Use the information presented in the Think before you Work Soft Tissue Campaign to complete the following questions. Select the **most correct** response and tick the corresponding letter. Only select **ONE** option.

1. About what percentage of soft tissue injuries occur to the back?

- A. 10%
- B. 50%
- C. 25%

2. What is name of the Safety Video series?

- A. Think before you go to work
- B. Think before you work
- C. Think before you regret
- D. Don't think it saves time.

3. What are the preventable consequences of workplace soft tissue injuries?

- A. Needles pain and suffering
- B. Billions of dollars in costs to businesses
- C. B and C above

4. What do employers and workers need to do?

- A. Think after you sustain an injury
- B. Think after you work
- C. Think before you work to ensure a safe work day

CONT NEXT PAGE



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5. Soft tissue injuries are not preventable.

- A. False
- B. True

6. What injury occurred to Dylan that has caused him to be off work for more than 9 months?

- A. Broken back
- B. Muscle strain
- C. Disc bulge impacting on the spinal nerve
- D. Torn ligament

7. Workers can legally refuse to do unsafe work.

- A. True
- B. False

8. 90% of serious workplace injuries occur to what parts of the body?

- A. Discs
- B. Ligaments, tendons, muscles
- C. Bones
- D. All of the above

9. What two actions are recommended by the physiotherapist to help prevent soft tissue injuries on the job?

- A. Good night's sleep and good posture.
- B. Maintain core strength and start every day with a 10 minute warm-up.
- C. Regular exercise and healthy eating.

10. What "think b4u work" measures can you use to prevent soft tissue injuries?

- A. Stop and think about the task to be done and complete a thorough pre-task risk assessment

- B. Specifically consider manual task hazards in the above mentioned risk assessment.
- C. Adopt safe work practices.
- D. Use mechanical assistance where possible.
- E. All of the above

11. What are some of the safe work practices that can be used to prevent soft tissue injuries?

- A. Positive mind set before starting work
- B. Size up loads correctly and where you are carrying them.
- C. Get assistance for heavy lifts, minimise lifting above shoulders
- D. Regularly reset tendons, ligaments and muscles by stretching
- E. B, C and D above.

12. What is the injury reduction target mentioned in the video?

- A. 25% over the next 2 years
- B. 0%, no reduction target just minimising the seriousness of injuries
- C. 35%

EMPLOYEE SIGNATURE

DATE

VERIFIED BY

DATE

