Twin Cities and Western Railroad Company

**Strategies for a Healthy, Safe and Productive Workplace! Key**

**Test Questions**

# Module One: Introduction, 30 Day Challenge and MSDs

1. What is the most important tool you use to do your job?
   1. Handbrake
   2. Switches
   3. Needle bar
   4. Long handled shovel
   5. You
2. The 30 Day challenge provides you an opportunity to try out the strategies discussed in the training.
   1. True
   2. False
3. MSD is an acronym for:
   1. Musculo Skeletal Disorders
   2. Medical Stores Department
   3. Management Systems Designers
   4. Marine Sanitation Device
4. MSD's include:
   1. Wear and tear on joint surfaces
   2. Stretched ligaments
   3. Inflamed tendons and muscles
   4. Pressure on nerves in the neck, back or wrist
   5. All of the above
5. if you experience signs and symptoms of an MSD you should ignore them hoping they will go away.
   1. True
   2. False

# Module Two: Ergonomics, Physical Fitness and Health and Wellness

1. A good example of working smart, to prevent problems down the road, is to:
   1. Work hard and fast when young, because when you have done so for many years, the aches and pains slow you down.
   2. Use the correct tools for the job in a correct manner.
   3. Working smart and efficiently now will allow you to work smart and efficiently later.
   4. Both B & C above
2. Basic principles of ergonomics include:
   1. Neutral Posture
   2. Reach Zone
   3. Power Position
   4. Correct Tools, Equipment and Materials
   5. Effective Work Processes
   6. All of the above
3. Physical fitness is a combination of strength, flexibility and heart and lung fitness.
   1. True
   2. False
4. If you have any health concerns about starting a physical fitness program you should always consult with your healthcare professional before starting.
   1. True
   2. False
5. Positive health and wellness factors include:
   1. Adequate diet and nutrition
   2. Body weight control
   3. High blood pressure
   4. Inadequate rest from sleep
   5. Dehydration due to lack of fluid intake
   6. A and B above

# Module Three: Stretching

1. Regular stretching throughout the day helps you remain flexible and it feels good.
   1. True
   2. False
2. Benefits of stretching include:
   1. Increases blood flow to improve oxygen flow and nutrition to muscles
   2. Increases stiffness in the joints to make them more stable
   3. improves alertness levels
   4. A and C above
3. It is acceptable to ignore any medical restrictions when doing a stretching program.
   1. True
   2. False
4. The following are general guidelines for stretching:
   1. Ignore any specific medical restrictions
   2. Continue the stretch if you experience numbness or tingling
   3. Breathe in with the stretch and out with relaxation of the stretch
   4. Use slow controlled movement
   5. Push the stretch until it is quite painful
   6. C and D above

# Module Four: Maintenance of Way - Tips and Techniques

1. When performing manual, physically demanding jobs it makes most sense to get the job done as quickly as possible to allow for longer rest periods.
   1. True
   2. False
2. When you use proper lifting technique you are able to:
3. Reduce stress into your lower back
4. Perform the task within your personal performance limit
5. Use your stronger leg muscles to perform the task rather than your back muscles
6. All of the above
7. The safest lift is the one that you actually do not do; it makes sense to use mechanical equipment as possible.
   1. True
   2. False
8. If you are unsure how to do a job in a safe manner you should:
   1. Go ahead and get it done
   2. Ask for assistance
   3. Think about how to do it for a while and then give it your best shot
   4. A. and C. above
9. When performing a manual job, it makes sense to rotate the job task between two individuals to help to control fatigue.
   1. True
   2. False

# Module Five: Transportation Specialist - Tips and Techniques

1. The best method to descend a ladder is facing forward; this allows you to see where you're going to safely place your feet.
   1. True
   2. False
2. When throwing a switch, as possible, use your body weight rather than muscle strength
   1. True
   2. False
3. Using the 3-Point Contact technique when climbing and descending ladders means you always have one foot and two hands or two feet and one hand in contact with the ladder.
   1. True
   2. False
4. When changing a knuckle the best technique is to:
   1. Once the knuckle is removed place it on the ground
   2. Make use of two individuals
   3. Watch your footing when carrying a knuckle
   4. If you're in a big rush go ahead and do it yourself
   5. B. and C. above
5. When moving about on a car or locomotive always”
   1. Be aware the car or locomotive could suddenly move, causing you to lose balance
   2. Be aware that your coworker will always warn you regarding any movement of the car or locomotive
   3. Always ensure your footing is secure
   4. Be confident that the railing will provide adequate security
   5. A. and C. above