



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. A and B 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

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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

