**Workplace Safety Occupational Health Risks**

**A: Strains and Sprains**

1. What is another name for strains and sprains?
2. What are some possible causes of back pain? Name at least three.
3. Fill in the blanks:

* \_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ jobs pose a greater risk than low-repetition jobs.

1. What are three main risk factors for MSI? Describe each risk factor in some detail.

1. What are some ways that you can prevent an MSI? Name five of the ways that are the best in your opinion.
2. Name three lifting techniques that can help prevent you from injuring your back.

**B: Environmental Exposure: Heat, Sun Cold**

**Heat**

1. Explain what causes heat stress:
2. Name three signs and symptoms of heat stress
3. What can be done to prevent heat stress? Name at least three ways:

**Sun Exposure**

1. How can you reduce your exposure to the sun? Name at least three ways:

**Cold Hazards:**

1. What are three *early* symptoms of hypothermia?
2. What are three *moderate* symptoms of hypothermia?
3. What are three *severe* symptoms of hypothermia?

**C: Noise Hazard**

1. Fill in the blanks of the statement below:

A noise \_\_\_\_\_\_\_\_\_\_\_ greater than \_\_\_\_ decibels (dBA) averaged over \_\_\_\_\_\_\_\_\_\_\_ hours can \_\_\_\_\_\_\_\_\_\_\_\_\_\_ hearing.

1. What are some potential harmful noises in the workplace? Name at least five.
2. What are some ways to reduce workplace noise? Name at least three.

**D: Exposure to Mineral and Chemical Hazards:**

**Asbestos:**

1. What is asbestos and what is/was it used for?
2. What are some health risks associated with exposure to asbestos?
3. What type of work could lead to exposure to asbestos? Name at least three.

**Lead:**

1. What are the two ways lead can enter your body?
2. What kind of health problems develop due to lead exposure?
3. What can you and your employer do to reduce your exposure to lead exposure?

**Dust:**

1. What health problems are caused by exposure to dust?
2. What can you do to protect yourself from dust exposure?

**E: Biological Hazards**

**Blood-Borne Diseases Such as HIV and Hepatitis A, B, and C**

1. Name five body fluids that spread viruses:
2. Name two body fluids that do not spread HIVE or hepatitis B or C (unless you see blood in them):
3. What are the steps you should take if you are exposed to infected blood or body fluids?