**Quiz**

 1. What are two common symptoms of a strain?

A. Swelling

B. Muscle spasms

C. Neck pain

D. Soreness

2. About how many incidents for sprains, strains and tears are there per 10,000 full time workers?

A. 42

B. 87

C. 35

D. 62

E. none of the above

3.  **T** or **F** - Repetitive task over a period of time can lead to sprains and strains.

4. What is on of the most common injuries in the construction industry?

A. Vehicle accidents

B. Falls

C. Sprains and Strains

D. Burns

5. **T** or **F** - Selecting the correct power tools can reduce the chance of getting a sprain.

6. **T** or **F** - Challenges for implementing solutions to prevent injury can be costly, slow down production, and be difficult implement

7. What two things can help prevent strains and sprains?

A. Keeping oneself in shape

B. Good dietary habits

C. Stretching prior to work and during the shift

D. All of the above

8. If something that needs lifted is awkward and heavy what should you do?

A. Get help

B. lift anyway

C. Use Lifting Device

D. Don’t touch it

9. **T** or **F** - Proper lifting techniques can reduce the risk of a strain.

10. **T** or **F** - It is important to know the symptoms of sprains and strains to help prevent them.

Quiz Legend

* 1. A and B
* 2. C
* 3. T
* 4. C
* 5. T
* 6. T
* 7. D
* 8. A and C
* 9. T
* 10. T