

Hand Injury Prevention ExamName: _____
(Please Print)Date: _____
(Month, Day, Year)

Score: _____ / 50 Pass = 40/50 (80%)

Examiner: _____
(Please Print) (Initial)

1. Of all the WCB claims in Alberta for hand injuries from 2004 to 2010, how many were hand injuries?
 - a. 85.6%
 - b. 81.7%
 - c. 19.1%
 - d. 10.3%
2. Of all the claims in the same period, how many were the result of contact with objects and equipment?
 - a. 845
 - b. 400
 - c. 386
 - d. 59
3. What are the top 3 occupations that suffer hand injuries? (___ / 3)
 - a. _____
 - b. _____
 - c. _____
4. Since 2008, how many of the injuries at High Arctic have been associated with hands, fingers or wrists?
 - a. About 25%
 - b. 44%
 - c. More than half
 - d. 86%
5. What is the best way to avoid tendonitis?
 - a. Get someone else to do the tasks you see as repetitive
 - b. Get it done as quickly as possible to please your supervisor
 - c. Switch tasks periodically or take micro-breaks
 - d. Power through it and hope for the best
6. The Carpal Tunnel is an actual tunnel in your wrist. True or False
7. When should you see a doctor for a strain or sprain?
 - a. You can move the affected part with little to no pain
 - b. You see redness or streaks spreading from injured area
 - c. Whenever you run out of pain medication
 - d. Never
8. What time of day do most hand injuries occur?
 - a. 9:00am
 - b. 10:00am
 - c. 11:00am
 - d. 12:00am
9. Which of the following is a sign of Carpal Tunnel Syndrome?
 - a. Hand feels hot
 - b. Bruising on the back of wrists
 - c. Fingernails darken
 - d. Decreased sensation in thumb and fingers

10. Fractures of the metacarpal bone leading to your little finger account for _____ of all hand fractures in adults.
- 1/7
 - 9/10
 - 4/5
 - 1/3
11. According to Enform's study, contact with machinery caused what percentage of *open wound* hand injuries?
- 30%
 - 41%
 - 21%
 - 28%
12. Not treating a broken finger can cause:
- Nothing but a bent finger.
 - Your finger to be stiff and painful or un-usable.
 - People to think you are one tough S.O.B.
 - Pain to transfer to your shoulder.
13. Identify 3 sources for a burn injury at a worksite. (___ / 3)
- _____
 - _____
 - _____
14. There are how many bones in the human hand?
- 36
 - 14
 - 27
 - 5
15. Open wounds are classified into how many categories?
- 4
 - 6
 - 7
 - 11
16. Identify 3 methods of preventing hand injuries related to lifting & handling? (___ / 3)
- _____
 - _____
 - _____
17. The most common cause of tendonitis among Assistant Snubbers is:
- Removing thread protectors
 - Driving
 - Operating tongs
 - Paperwork
18. Electrical burns are always worse on the exterior of the entrance and exit points. True or False
19. In the treatment of injuries caused by repetition, what does R.I.C.E. stand for? (___ / 4)
- R: _____
- I: _____
- C: _____
- E: _____

20. Effective treatment of frostbite includes:
- Soak the injury in hot water
 - Use friction to thaw the area by rubbing it
 - Apply Vaseline to the area
 - Move to a warm area and slowly thaw
21. Identify 3 root causes for most hand injuries. (___ / 3)
- _____
 - _____
 - _____
22. Why are chemical burns caused by boiler chemical so dangerous?
- They penetrate deeper.
 - The chemical is also toxic.
 - It can liquefy the skin.
 - It's highly viscous and can easily spread.
 - All of the above.
23. Which of the following categories account for most hand injuries in Alberta?
- Contact with tools & fasteners
 - Contact with containers, materials and structural elements
 - Contact with rags
 - Contact with machinery
24. How far must the tool rest be from the wheel of a bench grinder?
- 1/8"
 - 1/4"
 - Enough for the tool not to get snagged.
 - As set by the manufacturer.
25. Where should most priority be given in the prevention of hand injuries?
- The right selection of gloves
 - Engineering of equipment and design of procedures
 - Training on Manual Handling
 - Muscle strengthening programs
26. Which glove is the best for all tasks?
- Rubber
 - Leather
 - Cotton
 - There isn't one
27. How can a Snubbing Operator prevent tendonitis caused by starting pipe threads?
- Ensure pipe is suspended hole-centered and adjust to wind conditions
 - Use the tongs or a small pipe wrench to start threads
 - Take breaks and use gloves with a good grip
 - All of the above
28. Which of the following is a good practice for preventing a hand injury when using a pipe wrench?
- Ensure the snipe is long enough
 - The smaller the pipe wrench, the better
 - Ensure clean jaws and heels for a good bite
 - Always wrap your hands fully around the handle
29. Hydraulic pressure can be trapped in a system and cause movement of equipment even after hoses are disconnected and valves are closed. True or False

30. Before tripping pipe, who is responsible for ensuring the tong door lockout device is functioning?
- The Snubbing Supervisor
 - The Tong Operator
 - The Snubbing Operator
 - All of the above
31. Trapped pressure in tongs should be relieved to prevent movement during servicing by:
- Hammering on the tip of the coupler
 - Functioning handles from their neutral position
 - Allowing for heat expansion
 - Disengaging the hydraulic pump
32. Placing your hand in front of an open needle valve can be a good way to:
- Get an ice plug blown through it
 - Check for pressure
 - Check for vacuum
 - Test your gloves
33. In evaluating loads to be handled, what does ABBI stand for? (____ / 4)
- A: _____
- B: _____
- B: _____
- I: _____
34. Contact with frac oil should be avoided because:
- It's toxic
 - It's flammable
 - It can get on your food
 - All of the above
35. Minor hand and finger injuries don't need to be investigated. True or False
36. If a worker removes a guard and thereby causes a fatality, that worker could be found guilty of a criminal offence. True or False