

**Hand Injury Prevention Exam – ANSWER KEY**Name: \_\_\_\_\_  
(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. **Oil & Gas (Drilling)**
  - b. **Truck Drivers**
  - c. **Oil & Gas (Service)**
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)
- Exhaust pipe
  - Ignition of flammable gas or liquid
  - Frostbite
  - Nitrogen
  - Boiler chemicals
  - Hot oil
  - Steam
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)
- Use mechanical advantage
  - Secure nearby moving equipment
  - Use designated handles
  - Get assistance
  - Proper storage/placement
  - Reduce loads / reach
  - Use gloves
  - ABBI (Above, Below, Behind, Inside)
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: Rest**
  - I: Ice**
  - C: Compression**
  - E: Elevate**
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)
- Inadequate guards, exposures to projectiles, rotating and moving equipment**
  - Using the wrong tool for the job, a faulty tool, or the right tool incorrectly.**
  - Attempts to save time or effort, shortcuts, deviation from procedures**
  - Inattention or inadequate identification of an exposure**
  - Inexperience, lack of knowledge, training or supervision**
  - Inadequate inspection, maintenance and replacement**
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: Above
  - B: Behind
  - B: Below
  - I: Inside
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**