

PROGRAM:	ERASMUS+
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DOCUMENT:	C2-Training Course for Occupational Medicine physicians – Individual Exercise

## C2-Training Course for Occupational Medicine physicians

### Module 11: Musculoskeletal diseases for employees working in Agriculture

#### Individual Test

##### Instructions

The questions below are multiple-choice questions that ask you to select one or more answer choices from a list of choices. A question may or may not specify the number of choices to select.

Please tick the box corresponding to the right answers.

##### Questions

- 1) Musculoskeletal disorders (MSDs):
  - a) Are muscle acute sufferings;
  - b) Are disorders of the muscles, joints, tendons, ligaments, bones and nerves;
  - c) Affect usual just one part of the skeleton;
  - d) Never determine chronic evolution;
  - e) Can conduct at permanent disability.
  
- 2) MSDs cause can be:
  - a) Vibration exposure;
  - b) Insufficient lighting;
  - c) Long time exposure at cold climate;
  - d) Repetition of movements;
  - e) Awkward posture
  
- 3) Which affirmation is false?
  - a) Agricultural workers suffer most of musculoskeletal disorders;
  - b) In EU 73% of European workers report backaches and pains in the musculoskeletal system;
  - c) Despite the technical developments, there is still a high prevalence of MSD;
  - d) Farming is a physically demanding occupation;
  - e) About half of the world’s workforce, more than 1.3 billion workers (ILO, 2003) is employed in agriculture.
  
- 4) Ergonomics:
  - a) Is synonym with human factors;
  - b) Can be applied to all aspects of human activity;
  - c) Contribute to the design and evaluation of tasks;
  - d) Contribute to the design and evaluation of environments;

- e) Deals with the work legislation.
- 5) Domains of Ergonomics are:
- a) Physical hygiene;
  - b) Cognitive ergonomics;
  - c) Individual ergonomics;
  - d) Physical ergonomics;
  - e) Organizational ergonomics.
- 6) Risk factors for musculoskeletal disorders are:
- a) High levels of physical exertion;
  - b) Long duration static hold;
  - c) Prolonged sitting or standing in the same position, more than 3 hours/shift;
  - d) Job dissatisfaction;
  - e) Frequent lifting.
- 7) Farm activities that can conduct at musculoskeletal disorders:
- a) Cows manual milking;
  - b) Place bales on an elevator off the wagon;
  - c) Pick up rocks;
  - d) Drive truck around the farm;
  - e) Sort animals.
- 8) Intrinsic risk factors for episodic musculoskeletal disorders are:
- a) Family stress;
  - b) Cold weather;
  - c) Ageing;
  - d) Pregnancy
  - e) Heavy loads.
- 9) The ILO and IEA ergonomic checklist for agriculture:
- a) Contains 100 items;
  - b) Can be applied if there are respected six steps;
  - c) Contains a group of items about environmental protection;
  - d) Can be used just in large farms;
  - e) Contains a group of items about family and community cooperation.
- 10) The below mentioned diseases are work-related MSDs which can affect agricultural workers:
- a) Pott's disease;
  - b) Spinal stenosis;
  - c) Low back pain;
  - d) Shoulder pain;
  - e) De Quervain's Tenosynovitis.

**Correct answers**

<b>Question</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Correct answer	b,e	a,c,d,e	b	a, b,c,d	b,d,e	a,b,d,e	a,b,c,d,e	a,c,d	a,b,c,e	b,c,d,e,