

# Care CEUs

## OSHA Compliance in LTC: Practical Safety Strategies

**1. Which of the following strategies can help reduce workers' compensation costs while ensuring safety in long-term care settings?**

- A. Implementing ergonomic training for staff to prevent musculoskeletal disorders.
  - B. Delaying updates on new OSHA standards to reduce immediate compliance costs.
  - C. Only providing personal protective equipment (PPE) during high-risk situations.
  - D. Focusing safety resources solely on emergency preparedness.
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**2. How can nursing home administrators effectively integrate emergency preparedness requirements with existing safety protocols?**

- A. By conducting annual reviews of emergency procedures and staff training.
  - B. By developing separate documentation for emergency preparedness activities.
  - C. By temporarily halting regular safety practices during emergency drills.
  - D. By focusing emergency preparedness solely on natural disaster scenarios.
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**3. What is the role of a safety committee in a long-term care facility?**

- A. To conduct annual safety evaluations and recommend changes for the next year.
  - B. To monitor compliance with OSHA standards and ensure mandatory quarterly training.
  - C. To actively identify and address ongoing hazardous conditions in the facility.
  - D. To primarily focus on minimizing costs associated with implementing safety protocols.
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**4. Which of the following is a crucial element of maintaining proper reporting and documentation for workplace injuries?**

- A. Filling out OSHA Form 300A at the end of each fiscal quarter.
  - B. Documenting all incidents immediately and accurately using OSHA Form 301.
  - C. Posting OSHA injury logs in a secure manager's office to protect privacy.
  - D. Only recording incidents that have resulted in claims or legal actions.
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**5. Why is it important for nursing home administrators to understand both general industry standards and healthcare-specific OSHA requirements?**

- A. To ensure compliance only with healthcare-specific regulations.
  - B. To ignore general industry standards that do not apply to healthcare settings.
  - C. To provide a comprehensive safety program that addresses all potential hazards.
  - D. To reduce the focus on reporting non-fatal injuries to limit paperwork.
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**6. When implementing an Emergency Action Plan (EAP) that complies with OSHA standards in a long-term care facility, which of the following elements must be included?**

- A. Procedures for employee injury documentation and communication outside the facility.
  - B. Protocols for the safe shutdown of essential operations and how staff report emergencies.
  - C. Detailed resident care procedures and assessment of community-based hazards.
  - D. Plans for community collaboration and relocation of residents.
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**7. Which best describes the relationship between a facility's CMS-compliant emergency preparedness plan and OSHA's EAP requirements?**

- A. OSHA's EAP is more extensive than CMS's emergency preparedness requirements.
  - B. OSHA's EAP focuses solely on staff evacuation procedures and emergency drills.
  - C. Meeting CMS's requirements usually ensures compliance with OSHA's EAP standards.
  - D. OSHA's EAP requires maintaining separate emergency plans from CMS standards.
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**8. In setting up a safety committee in a long-term care facility, which structure would optimally support workplace safety programs and OSHA compliance?**

- A. A committee with only supervisory staff to ensure centralized decision-making.
  - B. A diverse committee that includes representatives from each department, including maintenance and nursing.
  - C. A safety committee focused exclusively on resident care staff to target primary safety concerns.
  - D. A rotating committee to engage varied staff but without consistent leadership roles.
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**9. To minimize the risk of workplace injuries and meet OSHA documentation standards in a long-term care facility, what strategy should be employed?**

- A. Allowing staff to decide if safety training and reporting are necessary based on personal judgment.
  - B. Conducting random inspections with infrequent documentation to encourage attentiveness.
  - C. Implementing comprehensive safety training and detailed injury reporting protocols for all employees.
  - D. Focusing solely on high-risk areas without standardized training across roles.
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**10. How should a long-term care facility address the challenge of ensuring compliance with OSHA standards for Hazard Communication?**

- A. By keeping safety data sheets (SDSs) for all chemicals in a centralized location, but not necessarily within the departments using them.
  - B. By creating an extensive list of chemicals in use and ensuring labels on secondary containers are accurate and visible.
  - C. By limiting staff access to chemical information to managerial staff for better control.
  - D. By storing hazardous materials with minimal labeling to prevent deterring regular operations.
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**11. Which aspect of facility operations does OSHA's Subpart S electrical safety standards directly impact, making it critical for long-term care settings?**

- A. Design and maintenance of electrical systems, including emergency backup generators and wiring in resident rooms.
  - B. Installation of solar panels to power common areas and resident rooms.
  - C. Installation of energy-saving lighting systems in outdoor areas.
  - D. Use of battery-powered equipment for cleaning and general maintenance.
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**12. When establishing a workplace safety program, which strategy is crucial for maintaining electrical safety in a long-term care facility?**

- A. Ignoring older equipment to focus on new technology.
  - B. Relying solely on staff to identify electrical hazards during their routines.
  - C. Regular inspection of all electrical outlets and equipment, especially in resident care areas.
  - D. Using temporary contractors exclusively for all electrical repairs and inspections.
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**13. What is a key requirement of the Exposure Control Plan to effectively minimize employee exposure to bloodborne pathogens?**

- A. Immediate washing with antiseptic towelettes is sufficient for mucous membrane exposure.
  - B. The plan must be updated annually and be accessible to employees at all times.
  - C. The plan should focus primarily on administrative control methods.
  - D. The plan only needs to be updated when a new pathogen is detected in the environment.
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**14. Regarding OSHA reporting requirements, what is the correct procedure when a staff member suffers an amputation at work?**

- A. The incident must be reported within 48 hours, prioritizing care and the immediate work environment first.
  - B. The amputation must be reported to OSHA within 24 hours from when you learn about it.
  - C. Reporting is only required if the incident results in more than three days of hospitalization.
  - D. Report only if the amputation affects more than just the tip of the finger.
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**15. Which of the following is a component of an effective ergonomics program that addresses OSHA compliance in a long-term care facility?**

- A. Focus solely on purchasing advanced mechanical lifts without training.
  - B. Implementing workstation ergonomic evaluations and maintaining records of staff training.
  - C. Eliminating manual handling tasks entirely by automation.
  - D. Handling ergonomic issues on an individual complaint basis only.
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**16. When reporting a fatality under OSHA's guidelines, within how many hours must you report the incident upon learning of it, provided the death occurs within 30 days of the work-related incident?**

- A. Within 8 hours
  - B. Within 16 hours
  - C. Within 24 hours
  - D. Within 30 hours
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**17. Which of the following strategies could most effectively reduce workers' compensation costs in long-term care facilities?**

- A. Investing in enhanced emergency preparedness planning
  - B. Establishing an active safety committee with regular meetings
  - C. Conducting annual staff safety training sessions
  - D. Increasing insurance coverage limits
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**18. How can an effective safety committee contribute to the safety culture within a nursing home?**

- A. By only addressing incidents that have already occurred
  - B. By maintaining confidentiality and holding meetings in private
  - C. By involving representatives from diverse departments to identify potential hazards proactively
  - D. By requiring administrators to single-handedly decide on all safety protocols
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**19. To ensure compliance with OSHA reporting standards, what reporting window is applicable for in-patient hospitalizations resulting from work-related incidents?**

- A. Within 8 hours of the incident
  - B. Within 12 hours of the incident
  - C. Within 24 hours of learning about the hospitalization, provided it occurs within 24 hours of the incident
  - D. Within 48 hours of the incident
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**20. In the event of a natural disaster, which component of emergency preparedness should be prioritized to ensure the safety and well-being of nursing home residents?**

- A. Maintaining a single transportation arrangement for evacuations
  - B. Regularly updating family members on residents' statuses through established communication channels
  - C. Relying on local healthcare facilities without prior agreements
  - D. Allowing staff to spontaneously determine operational needs during the event
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