



MCA
DETROIT

• HEALTH AND SAFETY DIVISION •

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Physical Health & Safety Assessment

It addresses key areas of physical activity and health. Please provide honest answers, as they can highlight areas that may require improvement.

Instructions: Rate each statement on a scale of 1 to 5, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

I. **I engage in regular physical activity to maintain my strength, flexibility, and overall fitness.**

a. [1] [2] [3] [4] [5]

II. **I maintain a healthy posture throughout the day, whether sitting, standing, or performing physical tasks.**

a. [1] [2] [3] [4] [5]

III. **I perform warm-up exercises or stretches before engaging in physical activity to prevent injury.**

a. [1] [2] [3] [4] [5]

IV. **I am aware of how to lift heavy objects properly to avoid back or muscle strain (e.g., bending the knees, keeping a straight back).**

a. [1] [2] [3] [4] [5]

V. **I regularly check my physical environment (home, work, etc.) for hazards that could cause slips, trips, or falls.**

a. [1] [2] [3] [4] [5]

VI. **I take breaks and move around regularly to prevent fatigue and maintain physical alertness.**

a. [1] [2] [3] [4] [5]

• Unity through **trust**, leadership through **service**, strength through **bonds**. •

- VII. **I stay hydrated throughout the day, especially during physical activities.**
a. [1] [2] [3] [4] [5]
- VIII. **I wear appropriate protective gear (e.g., helmets, gloves, kneepads) when engaging in activities that could lead to injury.**
a. [1] [2] [3] [4] [5]
- IX. **I am mindful of my body's signals and avoid overexertion or pushing through pain during physical tasks or exercise.**
a. [1] [2] [3] [4] [5]
- X. **I follow proper hygiene practices to prevent illness or infection, such as washing hands regularly and keeping cuts or wounds clean.**
a. [1] [2] [3] [4] [5]
- XI. **I maintain a balanced diet that supports my physical health and energy needs.**
a. [1] [2] [3] [4] [5]
- XII. **I make sure that my sleeping environment supports good sleep hygiene, such as limiting noise, light, and maintaining a comfortable temperature.**
a. [1] [2] [3] [4] [5]
- XIII. **I have regular health check-ups and screenings to monitor my physical health.**
a. [1] [2] [3] [4] [5]
- XIV. **I use proper safety precautions when operating machinery, tools, or vehicles (e.g., using seat belts, following safety procedures).**
a. [1] [2] [3] [4] [5]
- XV. **I manage stress effectively and practice relaxation techniques to maintain both my physical and mental well-being.**
a. [1] [2] [3] [4] [5]

Added Total: _____

Scoring Guide

- **60-75:** Excellent physical health and safety practices. You are taking proactive steps to maintain your physical health and avoid injury in your daily life.
- **45-59:** Good physical health and safety awareness. While you have strong habits, there may be a few areas where you could make improvements.
- **30-44:** Moderate physical health and safety awareness. Some practices might require more focus to ensure that you are protecting your physical health and safety effectively.
- **Below 30:** Low physical health and safety awareness. It would be helpful to re-evaluate your habits and implement changes to improve your physical well-being and safety.

This assessment can guide individuals to reflect on their physical health habits and safety measures, ensuring you stay healthy and injury-free both at home and in the workplace.