

**SMOHIT – Life of a Duct
Answer Tracking Worksheet**

Use this worksheet to track and record your answers during the course of this program.

Hint: When you're looking for both Safe Work Practices and Ergonomic Best Practices in the same video clip, they will occur in the videos in the same order they are listed in this worksheet.

Duct Fabrication

Step 1 - Receiving Coil

A. Screen Interaction 1 – Click the screen to pick your answers.

B. Video Interaction 1 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

3. Safe work practice _____

C. Video Interaction 2 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

3. Safe work practice _____

4. Safe work practice _____

5. Safe work practice _____

D. Screen Interaction 2 – Click the screen to pick your answer.

E. Video Interaction 3 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

3. Safe work practice _____

4. Safe work practice _____

5. Safe work practice _____

6. Safe work practice _____

7. Safe work practice _____

F. Screen Interaction 3 – Click the screen to pick your answers.

G. Video Interaction 4 – Track and record your answer in the space provided.

1. Lean Principle _____

Step 2 - Loading Coil Line

A. Video Interaction 1 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____

B. Screen Interaction 1 – Click the screen to pick your answers.

C. Video Interaction 2 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____
- 6. Safe work practice _____

D. Video Interaction 3 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____
- 6. Safe work practice _____

E. Video Interaction 4 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____

F. Screen Interaction 2 – Click the screen to pick your answers.

G. Video Interaction 5 – Track and record your answers in the space provided.

1. Safe work practice _____
2. Safe work practice _____
3. Safe work practice _____

Step 3 - Coil Fed Plasma

A. Video Interaction 1 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____
- 6. Safe work practice _____
- 7. Safe work practice _____

B. Screen Interaction 1 – Click the screen to pick your answers.

C. Video Interaction 2 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 1. Ergonomic best practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 2. Ergonomic best practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____
- 6. Safe work practice _____

Step 4 - Beads, Snaplocks, and TDC Connections

A. Video Interaction 1 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 1. Ergonomic best practice _____
- 3. Safe work practice _____
- 2. Ergonomic best practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____
- 6. Safe work practice _____

B. Video Interaction 2 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 1. Ergonomic best practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____
- 2. Ergonomic best practice _____
- 5. Safe work practice _____
- 6. Safe work practice _____
- 7. Safe work practice _____
- 3. Ergonomic best practice _____
- 8. Safe work practice _____
- 9. Safe work practice _____
- 4. Ergonomic best practice _____
- 10. Safe work practice _____

Step 5 - 90 Degree Duct Brake

A. Screen Interaction 1 – Click the screen to pick your answers.

B. Video Interaction 1 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

3. Safe work practice _____

4. Safe work practice _____

1. Ergonomic best practice _____

5. Safe work practice _____

C. Screen Interaction 2 – Click the screen to pick your answers.

D. Video Interaction 2 – Track and record your answer in the space provided.

1. Lean Principle _____

Step 6 - Joining, Finishing and Sealing

A. Video Interaction 1 – Track and record your answers in the space provided.

1. Safe work practice _____
2. Safe work practice _____
3. Safe work practice _____
4. Safe work practice _____
5. Safe work practice _____

B. Video Interaction 2 – Track and record your answers in the space provided.

1. Safe work practice _____
2. Safe work practice _____
3. Safe work practice _____
1. Ergonomic best practice _____
4. Safe work practice _____
2. Ergonomic best practice _____

Step 7 - Assembling

- A. Screen Interaction 1 – Click the screen to pick your answers.
- B. Screen Interaction 2 – Click the screen to pick your answers.
- C. Video Interaction 1 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____
- 1. Ergonomic best practice _____
- 6. Safe work practice _____
- 2. Ergonomic best practice _____
- 7. Safe work practice _____
- 8. Safe work practice _____
- 3. Ergonomic best practice _____
- 9. Safe work practice _____
- 10. Safe work practice _____

- D. Video Interaction 2 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 1. Ergonomic best practice _____
- 2. Ergonomic best practice _____
- 3. Ergonomic best practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____
- 6. Safe work practice _____
- 7. Safe work practice _____
- 8. Safe work practice _____

Step 8 - Bundling and Staging for Shipment

A. Video Interaction 1 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____
- 6. Safe work practice _____
- 7. Safe work practice _____
- 8. Safe work practice _____
- 9. Safe work practice _____
- 10. Safe work practice _____
- 11. Safe work practice _____

B. Screen Interaction 1 – Click the screen to pick your answers.

C. Video Interaction 2 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____

D. Screen Interaction 2 – Click the screen to pick your answers.

E. Video Interaction 3 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____

Duct Installation

Step 1 - Materials Handling

A. Screen Interaction 1 – Click the screen to pick your answers.

B. Video Interaction 1 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

C. Screen Interaction 2 – Click the screen to pick your answers.

D. Video Interaction 2 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

3. Safe work practice _____

1. Ergonomic best practice _____

Step 2 - Preparing to Work at Heights

A. Video Interaction 1 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

3. Safe work practice _____

B. Video Interaction 2 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

3. Safe work practice _____

Step 3 - Hanger Installation

A. Video Interaction 1 – Track and record your answers in the space provided.

1. Safe work practice _____
2. Safe work practice _____
3. Safe work practice _____
4. Safe work practice _____
5. Safe work practice _____

B. Video Interaction 2 – Track and record your answers in the space provided.

1. Safe work practice _____
1. Ergonomic best practice _____
2. Safe work practice _____
3. Safe work practice _____

Step 4 - Loading the Duct Lift

A. Video Interaction 1 – Track and record your answers in the space provided.

1. Ergonomic best practice _____

1. Safe work practice _____

2. Safe work practice _____

3. Safe work practice _____

2. Ergonomic best practice _____

B. Video Interaction 2 – Track and record your answers in the space provided.

1. Ergonomic best practice _____

1. Safe work practice _____

2. Ergonomic best practice _____

Step 5 - Installing a VAV Box

A. Video Interaction 1 – Track and record your answers in the space provided.

- 1. Safe work practice _____
- 2. Safe work practice _____
- 3. Safe work practice _____
- 4. Safe work practice _____
- 5. Safe work practice _____
- 1. Ergonomic best practice _____
- 6. Safe work practice _____
- 7. Safe work practice _____

B. Video Interaction 2 – Track and record your answers in the space provided.

- 1. Ergonomic best practice _____
- 2. Ergonomic best practice _____
- 1. Safe work practice _____
- 3. Ergonomic best practice _____
- 2. Safe work practice _____

Step 6 - Insulating the Duct

A. Video Interaction 1 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

B. Screen Interaction 1 – Click the screen to pick your answers.

C. Video Interaction 2 – Track and record your answers in the space provided.

1. Safe work practice _____

2. Safe work practice _____

3. Safe work practice _____

4. Safe work practice _____

5. Safe work practice _____

6. Safe work practice _____