

Workplace Safety > Back Safety Quiz > Question 1

Question

1. Back injuries are the leading cause of work-related disabilities for people under the age of...
  - (A) 45
  - (B) 50
  - (C) 55
  - (D) None of the above
2. Which of the following causes back injuries?
  - (A) Lifting objects incorrectly
  - (B) Being physically unfit
  - (C) Poor posture
  - (D) All of the above
3. The most effective way to prevent back injuries at work is to...
  - (A) Prohibit workers from lifting any heavy objects
  - (B) Have a separate staff which lifts loads and objects
  - (C) Implement an ergonomics program that redesigns tasks and work environment with an eye toward minimizing back hazards
  - (D) None of the above
4. Wearing a back belt is a proven way to minimize the risk of back injury at work.
  - (A) True
  - (B) False
5. If you wear a back belt, you can lift more weight than you could without a belt.
  - (A) True
  - (B) False

6. Which of the following can ease back pain caused by standing for long hours?
- (A) Anti-fatigue mats
  - (B) Comfortable footwear
  - (C) Soft flooring
  - (D) Change in standing position
  - (E) All of the above
7. When flooring cannot be changed to provide cushion, anti-fatigue mats can help ease discomfort to the feet and back.
- (A) True
  - (B) False
8. Which of the following should you NOT do while lifting objects?
- (A) Keep the object close to your body
  - (B) Keep your back straight
  - (C) Bend at the knees
  - (D) Keep your feet together
9. Which of the following should you NOT do when lowering a load?
- (A) Twist your body
  - (B) Keep the load close to your body
  - (C) Bend your knees
  - (D) All of the above
10. Which of the following should you avoid to reduce strain on your spine when sitting for long hours?
- (A) Adjust your chair such that your feet are on the floor
  - (B) Cross your legs at the knee
  - (C) Place a seat wedge or a folded pillow under you
  - (D) Take short breaks at least once an hour

11. How should you lift objects from the floor when you are in a seated position?

- (A) Bend and pick objects in a quick motion
- (B) Get up from the chair and bend to pick the object
- (C) Get up, move the chair out of the way, and squat to retrieve object
- (D) None of the above

12. How should you place and carry load in a backpack so as to avoid back injuries?

- (A) Carry 15 percent or less of your bodyweight on your back
- (B) Place heavier objects on the bottom
- (C) Keep the bag weight close to your body
- (D) All of the above

13. Which of these sleeping positions is ideal to ease back pain?

- (A) On your side, legs up toward chest, a pillow between legs
- (B) On your stomach
- (C) On your back with two hard pillows stacked under your head

14. The NIOSH maximum recommended load weight to be lifted under ideal conditions is -

- (A) 45 pounds
- (B) 51 pounds
- (C) 77 pounds
- (D) None of the above

15. The NIOSH Lifting Index estimates the level of physical stress associated with a particular manual lifting task.

- (A) True
- (B) False

