

Safety Quiz - Back Safety

Name _____ Date _____

Directions: Read each question carefully and choose the most correct answer by completely filling in the box next to the answer

1. Most back injuries at work are caused by:
 - A. Automobile accidents
 - B. Improper lifting
 - C. Weak muscles
 - D. Old age
2. When carrying material it should be held
 - A. Overhead
 - B. At arms length
 - C. By your side
 - D. Low and close to the body
3. When lifting, I should **not**
 - A. Look directly ahead
 - B. Twist at the waist
 - C. Wear shoes
 - D. All of the above
4. When carrying I should
 - A. Be able to see my path of travel
 - B. Take long firm steps
 - C. Never go up stairs
 - D. Steady the load with my chin
5. If a load is too bulky, I should
 - A. Use a back belt
 - B. Ask for more time to move it
 - C. Cut hand holds in the box
 - D. Get help
6. The best exercise I can do to keep my back in shape is
 - A. Toe lifts for 30 minutes
 - B. Daily 20 minute brisk walks
 - C. Use ankle weights
 - D. 50 Pushups a day

7. If I am unsure how to move some material I should
- A. Ask my supervisor
 - B. Try different ways of doing it
 - C. Ask a co-worker
 - D. Do the job slowly
8. If a very heavy box contains several items, you should
- A. Push it across the floor
 - B. Carry it on your back
 - C. Drag it with a rope or sling
 - D. Carry each item separately
9. When preparing to lift you should
- A. Lock knees and bend at the waist
 - B. Keep a straight back and bend at the knees
 - C. Do some vigorous twisting exercising
 - D. See if anyone can help you
10. After grasping a load you should lift by
- A. Using your legs
 - B. Using your back muscles
 - C. Rising rapidly
 - D. Taking short arm motions