



Proper Lifting Techniques; Keeping Your Workplace Safe

Quiz

Quiz – Proper Lifting Techniques; Keeping Your Workplace Safe

1. The biggest mistake people make when lifting is:
 - Lifting in the morning, before they are loosened up
 - Lifting with their legs
 - Attempting to lift when it's cold out
 - Trying to lift too much without splitting the load or getting help
2. Poor team coordination when lifting together can cause problems. Which of these is recommended?
 - Know who is taking the lead
 - Identify which path you are taking
 - Understand your final destination
 - All of the above
3. One way to get into trouble is holding a load too far away from your body.
 - True
 - False
4. The Golfer's lift involves extending a leg out behind you as a counterbalance when you tip forward to pick something up. This is useful when:
 - Lifting heavy objects from high places
 - Lifting light objects from the floor
 - Moving logs to look for lost balls
 - All of these
5. The Number One risk factor for back pain is:
 - Lifting
 - Being overweight
 - Poor car seats
 - Too much computer time
6. When lifting you should:
 - Wear loose, comfortable clothes
 - Avoid wearing chains or things that could interfere
 - Wear proper footwear without open toes
 - All of these

7. Proper fitness can help avoid lifting injuries.

- True
- False

8. Which of the following is true about wearing gloves?

- They can protect your hands against rough or sharp objects
- They can reduce your grip
- Neither of these are true
- Both statements are true

9. Lifting with your legs, not with your back, is an old myth - bad advice that's likely to cause injury to your quadriceps.

- True
- False

10. Which of the following is NOT a question that was suggested for evaluating a load before lifting it?

- Does it need to be moved, or could I just leave it here?
- Is it too heavy?
- Can I get a good grip on it?
- Can I hold it close to my body?

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