SAFE LIFTING QUIZ

The following quiz is a combination of questions including: True or False, Fill in the Blank, Multiple Choice, and Multiple Answers. It will be indicated above the question if it is multiple answers. Place an “X” next to the best possible answer(s).

1. What part of the body should a person lift with?
   ___ a. The legs
   ___ b. The arms and the back
   ___ c. The back
   ___ d. The back and the legs

2. What is the proper stance to use when lifting?
   ___ a. Feet, shoulder width apart with one foot in front of the other
   ___ b. Feet as wide set and roughly aligned with each other
   ___ c. Feet, shoulder width apart and perfectly aligned
   ___ d. Feet as close together as possible with one foot in front of the other

3. When an employee’s feet are planted, which part of their body should never be twisted?
   ___ a. The hips
   ___ b. The neck
   ___ c. The legs and arms
   ___ d. The back

4. The majority of our muscles are found in the back?
   ___ True
   ___ False

5. Back injuries account for 20% of all workplace injuries and illnesses but are 43% (almost half) of the cost of all injury claims.
   ___ True
   ___ False

6. Select the definition that matches each type of injury:
   a. Strains           b ___ Torn ligament as a result of a sudden movement
   b. Sprains           c ___ Loss of the spine’s cushioning ability
   c. Herniated Disc   a ___ Overused or overstretched muscles

7. The S-curve in your spine is what gives you the ability to support weight.
   ___ True
   ___ False
8. Which items contribute to workplace injuries. (select all that apply)
   ___ a. Poor physical condition
   ___ b. Overweight
   ___ c. Loss of flexibility
   ___ d. Poor body mechanics
   ___ e. Stressful living

9. Safety concerns should be reported as soon as possible to your Executive Director and the Safety Committee.
   ___ True
   ___ False

10. Besides healthy living, what are other measures you can take to prevent a workplace injury. (check all that apply)
    ___ a. Moving closer to the load before lifting
    ___ b. Keep the load as close as possible to your waist level
    ___ c. Always use a second lifter for everything you lift
    ___ d. Avoid twisting
    ___ e. Try to rush through the process as quickly as possible
    ___ f. Clear the path of obstacles
    ___ g. Do some stretches before lifting