7 MINUTE Safety Trainer

Avoid Back Pain by Safe Lifting

QUIZ 901

C-1

AVOID BACK PAIN BY SAFE LIFTING QUIZ

1. **Being overweight, exercising infrequently, and smoking are all factors that put you at greater risk of back injury.**
   a. True b. False

2. **When lifting, you should not:**
   a. Bend your knees.
   b. Bend over at your waist.
   c. Tighten your stomach muscles.

3. **When moving an object, it is safer if it stays on a level between your knuckle height and shoulder height.**
   a. True b. False

4. **If you experience pain when exercising, you should work through it until it goes away.**
   a. True b. False

5. **Frequent bending and lifting make you less likely to suffer a back injury.**
   a. True b. False

6. **You should use a step stool to reach high objects rather than reach above your shoulders.**
   a. True b. False

7. **You can reduce the risk in moving heavy loads by:**
   a. Using a dolly or handcart
   b. Finding someone to assist you in lifting the load
   c. Dividing the load into more than one part
   d. All of the above

8. **Don't twist your body—move your feet to change direction during a lift.**
   a. True b. False

9. **If you know you need exercise, just start right in.**
   a. True b. False

10. **Lifting, both at work and at home, can contribute to back injuries.**
    a. True b. False

When you have completed this quiz, turn it in to your supervisor.

Name:_____ **Date:**_____

©BLR®—Business & Legal Resources

Avoid Back Pain by Safe Lifting

ANSWERS TO AVOID BACK PAIN BY SAFE LIFTING QUIZ

1. a. True.

2. b. Don't bend over at the waist.

3. a. True.

4. b. False. Pain is a warning—stop right away. If the pain is severe or persists, seek professional help. If it is mild and goes away quickly, wait a few days and try a less strenuous exercise program.

5. b. False. Frequent bending and lifting can increase your risk for a back injury.

6. a. True.

7. d. All of the above.

8. a. True.

9. b. False. It is always safer if you ask your doctor's advice before beginning an exercise program.

10. a. True. Both work and home activities contribute to how often you are performing lifts.

©BLR®—Business & Legal Resources