

BACK SAFETY QUIZ

Name (Print Clearly) : _____

Date : _____

Instructions : Please circle the most correct answer.

1. Back injuries account for more than _____ workplace injuries per year?
 - a. 1,000
 - b. 10,000
 - c. 100,000
 - d. 1,000,000

2. You should lift with your legs, and not with your back?
 - a. True
 - b. False

3. Which of the situations should be avoided?
 - a. Picking up heavy objects with straight legs
 - b. Picking up heavy objects while twisting
 - c. Not “warming” up before a lift
 - d. All of the above

4. You have an awkward piece of equipment weighing 150 lbs that you need to move 100 feet to the other side of your shop. Which of the following is the BEST way to move the object?
 - a. Ask a co-worker for help
 - b. Use a rolling cart or dolly
 - c. Pick up the equipment on your own
 - d. Put a strap around it, and carry it over your shoulder

5. Which of the following are important steps to take to prevent back injuries?
 - a. Warm up before you lift
 - b. Exercise
 - c. Size up the lift, and have a plan before you attempt the lift
 - d. All of the above