LIFTING AND BACK SAFETY TRAINING TEST ANSWERS

1. Back injury can involve the muscles and ligaments in the back, and/or the spinal discs.
   Answer: True

2. What part of the back holds most of the body’s weight?
   Answer: C: The lower part of the back

3. What acts as cushions between the spinal vertebrae?
   Answer: B: Intervertebral discs

4. What attaches the muscles to the vertebrae?
   Answer: A: Tendons

5. When the position of a disc changes, but does not break through the annulus, this is called a/an?
   Answer: C: Prolapse

6. What factors increase the risk of disc degeneration?
   Answer: D: All of the above

7. It takes more force to lift an object that is further away from one’s body.
   Answer: True

8. As long as you maintain good posture, sitting in one position will not cause back problems.
   Answer: False – sitting too long can cause back problems by compressing the spinal discs

9. Besides slipping or falling, what else can cause back injuries?
   Answer: D: All of the above

10. Sleeping on a soft mattress can cause back pain.
    Answer: True

11. Where is the best zone on one’s body for lifting?
    Answer: B: Between shoulders and waist

12. To help prevent a back injury, pushing an object is better than pulling it.
    Answer: True

13. If you must strain to carry a load, it means that:
    Answer: A: The load is too heavy for you

14. When planning to lift an object, one should:
    Answer: D: All of the above

15. If the object is light enough to handle easily it is ok to twist when lifting the object.
    Answer: False – Never twist at the waist. One should pivot instead.

16. Before lifting, one should make sure the weight of the load is balanced.
    Answer: True
17. If lifting something above your head, use a ladder to prevent your back from arching.
   Answer: True

18. Which of the following can help to prevent back injuries?
   Answer: E: All of the Above

19. As long as one is following the proper lifting technique, one does not need to worry about the surface one is walking on.
   Answer: False – One should always avoid a slippery or uneven surface when carrying any object.

20. When carrying an object, always carry it as close to one’s torso as possible.
   Answer: True