

## 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

