

## LIFTING AND BACK SAFETY TRAINING TEST

<b>NAME:</b>		<b>DATE:</b>	
<b>COMPANY:</b>		<b>RAW SCORE:</b>	_____ OUT OF 20
<b>DIVISION:</b>		<b>PERCENTAGE:</b>	

- Back injury can involve the muscles and ligaments in the back, *and/or* the spinal discs.
  - True
  - False
- What part of the back holds most of the body's weight?
  - The upper part of the back
  - The middle part of the back
  - The lower part of the back
  - Weight is distributed evenly along the entire back
- What acts as cushions between the spinal vertebrae?
  - Ligaments
  - Intervertebral discs
  - Muscles
  - Nerves
- What attaches the muscles to the vertebrae?
  - Tendons
  - Ligaments
  - Nerves
  - Intervertebral discs
- When the position of a disc changes, but does not break through the annulus, this is called a/an?
  - Sequestration
  - Extrusion
  - Prolapse
  - None of the above
- What factors increase the risk of disc degeneration?
  - Habitual use of incorrect body mechanics
  - Natural biochemical changes occurring with age
  - Lifestyle choices, such as lack of exercise
  - All of the above
- It takes more force to lift an object that is further away from one's body.
  - True
  - False



8. As long as you maintain good posture, sitting in one position will *not* cause back problems.
  - a. True
  - b. False
9. Besides slipping or falling, what else can cause back injuries?
  - a. Twisting at the waist while lifting a heavy load
  - b. Repetitive heavy lifting
  - c. Reaching and lifting over one's head
  - d. All of the above
10. Sleeping on a soft mattress can cause back pain.
  - a. True
  - b. False
11. Where is the best zone on one's body for lifting?
  - a. Between the floor and waist
  - b. Between shoulders and waist
  - c. Between knees and feet
  - d. Between shoulders and jawbone
12. To help prevent a back injury, pushing an object is better than pulling it.
  - a. True
  - b. False
13. If you must strain to carry a load, it means that:
  - a. The load is too heavy for you
  - b. You are out of shape
  - c. You are not using proper lifting technique
  - d. You have a herniated disc
14. When planning to lift an object, one should:
  - a. Make sure the path is clear
  - b. Use a dolly or forklift if load is too heavy
  - c. Use straps or handles if available
  - d. All of the above
15. If the object is light enough to handle easily it is ok to twist when lifting the object.
  - a. True
  - b. False
16. Before lifting, one should make sure the weight of the load is balanced.
  - a. True
  - b. False
17. If lifting something above your head, use a ladder to prevent your back from arching.
  - a. True
  - b. False



18. Which of the following can help to prevent back injuries?
- a. Regular exercise
  - b. Sleeping on a firm mattress
  - c. Stretching often
  - d. Taking frequent micro breaks
19. As long as one is following the proper lifting technique, one does not need to worry about the surface one is walking on.
- a. True
  - b. False
20. When carrying an object, always carry it as close to one's torso as possible.
- a. True
  - b. False

