LIFTING AND BACK SAFETY TRAINING TEST

<table>
<thead>
<tr>
<th>NAME:</th>
<th>DATE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMPANY:</td>
<td>RAW SCORE:</td>
</tr>
<tr>
<td>DIVISION:</td>
<td>____</td>
</tr>
</tbody>
</table>

1. Back injury can involve the muscles and ligaments in the back, and/or the spinal discs.
   a. True
   b. False

2. What part of the back holds most of the body's weight?
   a. The upper part of the back
   b. The middle part of the back
   c. The lower part of the back
   d. Weight is distributed evenly along the entire back

3. What acts as cushions between the spinal vertebrae?
   a. Ligaments
   b. Intervertebral discs
   c. Muscles
   d. Nerves

4. What attaches the muscles to the vertebrae?
   a. Tendons
   b. Ligaments
   c. Nerves
   d. Intervertebral discs

5. When the position of a disc changes, but does not break through the annulus, this is called:
   a. Sequestration
   b. Extrusion
   c. Prolapse
   d. None of the above

6. What factors increase the risk of disc degeneration?
   a. Habitual use of incorrect body mechanics
   b. Natural biochemical changes occurring with age
   c. Lifestyle choices, such as lack of exercise
   d. All of the above

7. It takes more force to lift an object that is further away from one's body.
   a. True
   b. 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