

Name: _____

Date: _____

Directions: *Circle or briefly write the best answer for each question.*

- 1) True False When picking up an object, bending at the legs rather than the back allows the stronger legs to support the object's weight.
- 2) True False If the object to be lifted is not bulky, then you don't need to assess the situation.
- 3) True False You should never get down on one knee to lift the load to your other knee before standing.
- 4) True False Poor posture, working in an awkward position, and repetitive motions can all contribute to back pain.
- 5) True False A hand cart is only necessary if the object is too heavy for you to lift by yourself.
- 6) True False The proper position for lifting a load is to straddle the load, with one foot slightly behind the other, in a squatting position.
- 7) True False Hug the load while lifting, carrying, or setting it down to distribute its weight over your feet.
- 8) True False Twisting at the waist adds no additional pressure to the lower back.
- 9) When using a dolly or cart, which of the following tips apply?
 - a. Use tie-down straps to secure the load.
 - b. Push the cart. Try to avoid pulling.
 - c. Stay close to the load, standing upright at all times.
 - d. All of the above.
- 10) For which of the following scenarios should you try to find an alternative?
 - a. Reaching and lifting
 - b. Carrying a heavy object with an awkward shape
 - c. Carrying a small, light object
 - d. A and B
 - e. All of the above