

Back Protection Quiz

1. Being overweight, exercising infrequently, and smoking are all factors that put you a greater risk of back injury.

a. True b. False

2. When lifting you should not:

- a. Bend your knees
- b. Bend over at your waist
- c. Tighten your stomach muscles

3. When moving an object, it is safer if it stays on a level between your knuckle height and shoulder height.

a. True b. False

4. If you experience pain when exercising, you should work through it until it goes away.

a. True b. False

5. Frequent bending and lifting make you less likely to suffer a back injury.

a. True b. False

6. You should use a stepstool to reach high objects rather than reach above your shoulders.

a. True b. False

7. You can reduce the risk in moving heavy loads by:

- a. Using a dolly or handcart
- b. Finding someone to assist you in lifting the load
- c. Dividing the load into more than one part
- d. All of the above

8. Don't twist your body—move your feet to change direction during a lift.

a. True b. False

9. If you know you need exercise, just start right in.

a. True b. False

10. Lifting, both at work and at home, can contribute to back injuries.

a. True b. False