Assessment

CHILD’S PLAY
IN THE OFFICE

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ASSESSMENT – CHILD’S PLAY IN THE OFFICE

Name: …………………………………………………

Date: …………………………………………………

I.D. (if applicable): …………………………………

Score

1. What is a good stance for lifting?
   a) Feet together
   b) Kneeling on the ground
   c) Feet around hip width apart
   d) One foot in the air

2. While lifting, the back should be kept ____.
   a) Curved
   b) Twisted
   c) Straight
   d) Under the load

3. What will children do to get down to the load, which everyone should do?
   a) Bend their knees
   b) Get on all fours
   c) Bend their spine
   d) Reach with one hand

4. To hold the load, you should use ____.
   a) The fingertips
   b) The whole hand
   c) The shoulders
   d) The feet
5. Having gained a firm grip on the load, children will ____.
   a) Carry the load while bent double
   b) Rest the load on their back
   c) Throw it
   d) Straighten their legs to stand up

6. When carrying a load, it should be held ____.
   a) Above the head
   b) Close to the body
   c) At arm’s length
   d) Between the legs

7. How should one put down the load?
   a) Drop it
   b) Hold it out in one arm
   c) Reverse the lifting process
   d) Sit down

8. What is the best option for moving a load that is too heavy, too big or too awkward?
   a) Wear gloves
   b) Ask a child to move it
   c) Lift with your back
   d) Use a mechanical aid

9. Never lift a load by yourself that is ____.
   a) Light
   b) Unusually shaped
   c) Full of moving parts
   d) Beyond your comfortable lifting capacity

10. Which of these is not part of correct lifting and carrying technique?
    a) Bending the knees
    b) Keeping the back straight
    c) Holding the load at eye level
    d) Holding the load close to the body