Assessment

PRINCIPLES OF SAFE LIFTING AND CARRYING

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ASSESSMENT – PRINCIPLES OF SAFE LIFTING AND CARRYING

Name: ..............................................................

Date: ..............................................................

I.D. (if applicable): ............................................

Score

1. What part of the body is affected by the majority of lifting and carrying-related injuries?
   a) The back
   b) The face
   c) The stomach
   d) The arms

2. What is the first step in a safe lifting technique?
   a) Putting the load in a box
   b) Preparation
   c) Straightening the back
   d) Directly face the destination

3. What is the second step?
   a) Check the load
   b) Lift the load
   c) Clean the load
   d) Raise the head

4. What is the ideal position for the feet when lifting?
   a) Front foot beside the load, back foot slightly behind the load
   b) One foot either side of the load
   c) Both feet behind the load, legs apart
   d) Standing on one foot
5. Which muscles make up the strongest part of the body?

a) The back  
b) The fingers  
c) The arms  
d) The legs

6. Which of these is not part of a correct lift?

a) Keeping the back straight  
b) Raising the head  
c) Keeping the load at eye level  
d) Using the full length of the fingers

7. Never lift a load that is ____.

a) Light  
b) Beyond your own lifting capacity  
c) Unusually shaped  
d) Full of liquid

8. What is the ideal hold to use when lifting and carrying?

a) Hands diagonally opposite, using full length of the fingers  
b) Hands together underneath the load  
c) Hands on top, holding the load in the fingertips  
d) Balancing the load on your back

9. What kind of load should you alter your lifting technique for?

a) Light loads  
b) Loads with moving parts  
c) Loads with sharp edges  
d) None of the above

10. When undertaking a team lift, it is important that:

a) Nobody speaks while carrying the load  
b) A supervisor is present  
c) The load should be evenly shared  
d) The lifters should use one hand each