Assessment

SAFE MANUAL
HANDLING

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ASSESSMENT – SAFE MANUAL HANDLING

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

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

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

Score

1. Manual handling is _____?
   a) The avoidance of hazards
   b) The movement of items by human energy
   c) The handling of chemicals
   d) Extremely dangerous

2. Which of these is not an example of manual handling?
   a) Pulling levers
   b) Lifting crates
   c) Entering a confined space
   d) Sliding objects

3. What is the most common problem associated with manual handling?
   a) Not using correct lifting and carrying techniques
   b) Getting burnt
   c) Dropping things
   d) Lack of suitable handles

4. What are the most common injuries that result from manual handling injuries?
   a) Hand injuries
   b) Head injuries
   c) Eye injuries
   d) Back injuries

5. The first question to ask when examining a manual handling task is _____?
   a) Do I have a mechanical aid?
   b) Must the load be moved?
   c) Can I reduce the load?
   d) Should I bend my knees?
6. What can help eliminate some manual handling tasks?
   a) Good workplace design
   b) Wearing protective clothing
   c) Team lifts
   d) Maintaining your line of sight

7. What is *not* a question to be asked when assessing a manual handling task?
   a) How large is the workplace?
   b) Must the load be lifted?
   c) Can or should assistance be sought?
   d) Can the load be moved mechanically?

8. Some loads can be slid, pushed, pulled, or rolled, removing the need to _____?
   a) Control hazards
   b) Lift
   c) Use the hands
   d) Examine the manual handling task

9. You should not manually lift a load if it can be _____.
   a) Moved mechanically
   b) Put in a box
   c) Set on fire
   d) Weighed

10. Which is a question you should ask yourself before lifting a load?
    a) What is manual handling?
    b) Have I lifted this before?
    c) What time is it?
    d) Is the load too heavy or too bulky to lift safely?