



Lifting and Carrying Objects Quiz

LIFTING AND CARRYING OBJECTS 51100

1

Which of the following types of injuries occur the most frequently in the workplace?

- a. Foot
- b. Eye
- c. Back

2

Before lifting and carrying a heavy object, it's important to:

- a. Do stretching exercises.
- b. Plan ahead and look for possible hazards.
- c. Take a break to make sure you are not too tired to carry the object.

3

Which of the following contributes to back injuries?

- a. Poor physical condition
- b. Improper lifting and carrying techniques
- c. Both "a" and "b"

4

Which set of muscles should do most of the work when lifting an object?

- a. Legs
- b. Back
- c. Arms and shoulders

5

What is the safest technique for changing direction when carrying an object?

- a. Twist your back first, then move your feet.
- b. Try to move your feet and your back in the desired direction at the same time.
- c. Move your feet in the desired direction but do not move your back.

6

How high can you safely raise a heavy object with your arms?

- a. Shoulder level
- b. Waist level
- c. Above your head

7

When should you use a dolly or hand truck to carry an object rather than carrying it by hand?

- a. Only if the object is too heavy to lift
- b. Whenever you believe it is safer and easier to use a dolly or hand truck
- c. Only when a dolly or hand truck is not in use and is available

8

What is the most important reason to protect the health of your back?

- a. To avoid a serious injury that could affect everything else you do
- b. To reduce health insurance costs
- c. To reduce the number of on-the-job injuries

9

Which of these can be an effective way to reduce the potential for a back injury?

- a. Gradually increasing the weight of the objects you lift
- b. Getting regular exercise
- c. Both "a" and "b"

10

How often should you stop and rest when you are carrying a heavy object?

- a. Whenever directed to do so by a supervisor.
- b. As often as necessary to ensure safety.
- c. Never—try to complete the carry as quickly as possible.