Back Safety & Lifting Competency

Do you think the best way to protect yourself when lifting, reaching, pulling and/or pushing??

1. When lifting an object you should hold the object away from your body to avoid getting hurt.
   a. True
   b. False

2. When pulling a cart, the handle height should be:
   a. Between elbow and hip height
   b. Between hip and knee height
   c. At shoulder level
   d. At waist level

3. When transporting supplies using a cart, one should pull versus push to expend less energy and avoid awkward positioning.
   a. True
   b. False

4. When reaching for an object, you should:
   a. Check the weight of the object
   b. Tighten core abdominals
   c. Avoid over-reaching
   d. Use arms and legs to avoid twisting
   e. All of the above

5. When lifting an object, you should look for handles or supports on the object.
   a. True
   b. False

6. When pushing a cart, the handle height should be:
   a. Between elbow and hip height
   b. Between hip and knee height
   c. At shoulder level
   d. At waist level

7. When lifting an object you should lift with your legs.
   a. True
   b. False

8. When lifting, reaching, pulling or pushing, you should always:
   a. Check the weight of the object
   b. Tighten core abdominals
   c. Keep object close to your body
   d. None of the above
   e. All of the above

9. If reaching for a heavy object that is too high, it is OK to utilize:
   a. A step stool
   b. An object with wheels
   c. A reacher
   d. All of the above

10. When lifting an object, you should keep your trunk aligned with your legs while lifting and keep your body together as one unit.
    a. True
    b. False

   (Answers below)
1.a; 2.b.; 3.b; 4.e; 5.a; 6.a; 7.e; 8.e; 9.a; 10.a