

Back Safety Quiz Questions:

1. The most common Back Injury is due to?
 - a. Slips, Trips and Falls
 - b. Improper Lifting
 - c. Equipment Related
 - d. Passive Injury
2. Which is a proper lifting technique?
 - a. Reach and lift
 - b. Hold object away from body
 - c. Bend at the knees
 - d. Twist at the waist
3. 80% of on-the-job injury costs are related to Back Injuries:
 - a. True
 - b. False
4. Which is an example of preventing a back injury:
 - a. Use a stepstool or ladder to reach for objects above shoulder height.
 - b. Exercise and or stretch regularly to strengthen muscles
 - c. Use a dolly, back brace or other lifting device.
 - d. All of the above
5. If you sustain an injury, when do you report it to your supervisor?
 - a. Next Week
 - b. Immediately
 - c. Next Day
 - d. Never