

# **Back Safety Quiz Answers**

pdf free back safety quiz answers manual pdf pdf file

Back Safety Quiz Answers A. Use a back belt B. Ask for more time to move it C. Cut hand holds in the box D. Get help 6. The best exercise I can do to keep my back in shape is A. Toe lifts for 30 minutes B. Daily 20 minute brisk walks C. Use ankle weights D. 50 Pushups a day Safety Quiz - Back Safety - EHS DB.com MySafetySign.com features a full-length quiz to keep you informed on how to handle your heavy lifting safely and efficiently, helping you to steer clear of back injury. Free Start Your Quiz. Think you're already a back safety expert? The questions below are just a preview of what you'll be tested on in our quiz. Do YOU already know the answers? Back Safety Quiz - MySafetySign.com (1) Feet apart and knees bent, (2) back straight, (3) keep load close to body C. (1) Feet apart and knees bent, (2) lift with legs, (4) keep load close to body and back straight, (5) turn by moving feet, not the body Back Safety Trivia Questions - ProProfs Quiz 9. Besides slipping or falling, what else can cause back injuries? Answer: D: All of the above 10. Sleeping on a soft mattress can cause back pain. Answer: True 11. Where is the best zone on one's body for lifting? Answer: B: Between shoulders and waist 12. To help prevent a back injury, pushing an object is better than pulling it. Answer: True Lifting-Back Safety Test Answers Quiz & Answers 07-001 . 1. There are 2 major components in the back. True or False . 2. There are 31 pairs of nerves that extend out of the spinal cord. True or False 3. The muscles in the back help stabilize the spine. True or False 4. Years of neglect have little to do

with back injuries. True or False 5. Quiz & Answers 07-001 - Family Insurance Center Back safety. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. Jennifer\_Rosmus. Key Concepts: Terms in this set (11) Common causes of back pain. Poor posture Faulty body mechanics Stressful living and work habits Accidents (2nd most common cause) Loss of flexibility Study 11 Terms | Back safety Flashcards | Quizlet 1. Back injury can involve the muscles and ligaments in the back, and/or the spinal discs. a. True b. False 2. What part of the back holds most of the body's weight? a. The upper part of the back b. The middle part of the back c. The lower part of the back d. Weight is distributed evenly along the entire back 3. LIFTING AND BACK SAFETY TRAINING TEST Start studying HealthStream: Back Safety. Learn vocabulary, terms, and more with flashcards, games, and other study tools. HealthStream: Back Safety Flashcards | Quizlet These Safety Quizzes are provided as a starting point for you to develop facility specific safety quizzes for your employees. A safety quiz does not replace safety training but should be used to check employee safety knowledge. Each safety quiz has an answer key. Quiz Material in the Members Area OSHA Safety Quiz Bank - SafetyInfo Stretching and lifting. Lifting and carrying a bulky load. Twisting at the waist and lifting. Bad posture. Reaching above mid chest. Working or sitting for long periods. Slips, trips and falls. 7. Improper lifting is one of the most common causes of back problems. Ergonomics and Back Safety This is a quiz wherein one needs to answer the multiple choice questions. Back safety is an important part of workplace health as "Your Back is for life and you should make

sure it lasts a lifetime” Make sure you finish answering all the questions as there is a bonus video for all the participants at the end of the Quiz!! So answer the quiz ... The Manual Material Handling/ Back Safety Quiz 1 - UPEHS.COM The correct answer is: d. All of the above Smoking can affect your back in several ways -- it reduces blood flow, is linked to faster degeneration of the cartilage discs (between the spinal vertebrae), and leads to osteoporosis, too. Poor posture adds a lot of stress on your back's muscles, joints and ligaments. Quiz: Do You Know How to Lift Properly? This free safety quiz reviews important safety reminders you need to know while working in and around confined spaces. Taken 445,112 Times (Correct Answers: 70%) Crane Safety Quiz 100653 Free Safety Quizzes Appropriate back safety training is the most successful way to prevent back injuries. Q. Does wearing a back support belt increase a person’s weight-lifting potential? A. The theory is that wearing a back support increases intra-abdominal pressure (IAP), which is supposed to better support the back and abdominal muscles when lifting. Safety Questions and Answers - Safety FAQs - Safety ... Test Your Knowledge with a Free Safety Quiz Here’s a collection of 10 - 20 question quizzes that we’ve put together on various workplace safety topics. Use them to test your knowledge or share with your employees as a refresher on important health and safety issues. More coming soon... List of quizzes: Fall Protection Food Safety ... Free Workplace Safety Quizzes - OSHA.net Back!Safety!andProper!Lifting!44!Review!Quiz! Name\_\_\_\_\_!! Date\_\_\_\_\_!! Answer!the!following!questions!by!circling!T!if!the!statementis!true,!and!F!if!the!

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