

Back Safety: Keep Your Back In Action Quiz

Name: _____

Trainer's Name: _____

Company/Division: _____

Date: _____

Directions: Read each statement carefully and circle the response that best answers the question.

1. Back injuries can result from doing which of the following:
 - A. Climbing
 - B. Lifting
 - C. Sitting
 - D. All of the above

2. Most back injuries are the result of a single, traumatic incident:
 - A. True
 - B. False

3. Which of the following is NOT a main function of the spine::
 - A. Absorbs shock as you move
 - B. Helps muscles contract to assist with blood flow to the organs
 - C. Supports your upper body and keeps it movable
 - D. Protects your spinal cord and nervous system

4. Your back is aligned correctly when:
 - A. Your ears, hips and feet are in a straight line
 - B. Your ears, hips and knees are in a straight line
 - C. Your ears, shoulders and hips are in a straight line
 - D. Your shoulders, hips and knees are in a straight line

5. Drinking more caffeinated beverages can help if you experience back pain, because they improve blood flow to your muscles:
 - A. True
 - B. False

6. If your job requires you to sit for long periods of time, which of the following will help keep your back healthy: :
 - A. Keeping your keyboard and mouse at a distance so you can stretch out your spine
 - B. Choosing a chair with a hard seat
 - C. Using good posture
 - D. Crossing your legs at the ankles

7. Which of the following should you NEVER do when lifting an object:
 - A. Hold the object away from your body
 - B. Assess the weight of the object before you lift it
 - C. Plan the shortest route to where you plan to put the object down
 - D. Lift using your legs



8. If a load is too heavy, rather than putting extra stress on your back you should consider:
 - A. Splitting up the load
 - B. Asking for help from a coworker
 - C. Using a mechanical lifting device
 - D. All of the above
9. Which of the following will help you maintain a healthy back if your job requires you to stand for prolonged periods of time:
 - A. Standing with one foot resting on a 6" high rest
 - B. Standing slightly bent over to take pressure off your feet
 - C. Wearing shoes with thick, hard soles
 - D. All of the above
10. To prevent a back injury when climbing in or out of a truck or forklift cab::
 - A. Skip steps to minimize the stress climbing puts on your back
 - B. Grab the steering wheel with one hand for extra support
 - C. Always use three points of contact
 - D. Climb using the balls of your feet to ensure you have a better grip on the step

