

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.

- Back injuries can result from doing which of the following:
 - Climbing
 - Lifting
 - Sitting
 - All of the above
- Most back injuries are the result of a single, traumatic incident:
 - True
 - False
- Which of the following is NOT a main function of the spine?:
 - Absorbs shock as you move
 - Helps muscles contract to assist with blood flow to the organs
 - Supports your upper body and keeps it movable
 - Protects your spinal cord and nervous system
- Your back is aligned correctly when:
 - Your ears, hips and feet are in a straight line
 - Your ears, hips and knees are in a straight line
 - Your ears, shoulders and hips are in a straight line
 - Your shoulders, hips and knees are in a straight line
- Drinking more caffeinated beverages can help if you experience back pain, because they improve blood flow to your muscles:
 - True
 - False
- If your job requires you to sit for long periods of time, which of the following will help keep your back healthy: :
 - Keeping your keyboard and mouse at a distance so you can stretch out your spine
 - Choosing a chair with a hard seat
 - Using good posture
 - Crossing your legs at the ankles
- Which of the following should you NEVER do when lifting an object:
 - Hold the object away from your body
 - Assess the weight of the object before you lift it
 - Plan the shortest route to where you plan to put the object down
 - 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

