

## Back Safety: Keep Your Back In Action

### Quiz Answer Key

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:  
A. Climbing  
B. Lifting  
C. Sitting  
**D. All of the above**
- Most back injuries are the result of a single, traumatic incident:  
A. True  
**B. False**
- 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
- 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
- Drinking more caffeinated beverages can help if you experience back pain, because they improve blood flow to your muscles:  
A. True  
**B. False**
- 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
- 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

