

## Back Safety: Keep Your Back In Action

### Quiz Answer Key

Name: _____	
Trainer's Name: _____	
Company/Division: _____	Date: _____
<b>Directions:</b> 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

