Back Safety Quiz

1) What percentage of the workforce experiences some form of back pain each year.
   a. less than 5%
   b. 25%-30%
   c. 50%
   d. 80-90%

2) The most common cause of back sprains, strains and injuries are:
   a. car accidents
   b. lifting
   c. working out at the gym
   d. bad posture

3) True or False:
   Studies have shown that severe stress can also increase minor back pain

4) Which of the following movements is least likely to lead to back injuries?
   a. bending at waist to lift a load
   b. twisting body while carrying a load
   c. using legs to lift a load
   d. reaching overhead to lift load

5) The following are also contributing factors to back injury:
   a. stress
   b. overweight/obesity
   c. poor posture
   d. poor physical condition
   e. all of the above

6) Proper lifting technique calls for one to ____________________ .
   a. lift slowly with legs, keeping back straight
   b. lift rapidly in jerking motion
   c. lift with legs, keeping load arms length from body
   d. lift in twisting motion with load close to body

7) True or False
   Using a back belt will help you lift heavier loads without injury.
8) Ways to lift a load more safely and efficiently include:
   a. using mechanical aids
   b. adjusting the height of the lifting surface
   c. reduce the size or weight of the object
   d. all of the above

9) Regular exercise can help you avoid back injuries because it improves:
   a. arm strength and flexibility
   b. leg strength
   c. knowledge of back's weaknesses
   d. flexibility of back and abdominal muscles

10) True or False
    Overexertion is the most common cause of back sprains, strains and injuries.

Name: _____________________________

Date: ________________
Back Safety
Answers to Quiz

1. C
2. B
3. True
4. C
5. E
6. A
7. False. There is no scientific proof that back belts will help avoid back injuries. In some cases, they cause injuries because they lead to overconfidence on the part of the wearer.
8. D
9. D
10. True