

## Back Safety Quiz Answers

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**BACK SAFETY: PROPER LIFTING PROCEDURES TEST QUESTIONS** Name ...  
Occupational Safety and Health Hazard Awareness Training for the Construction, Oil and Gas, and Landscaping Industries  
West Virginia University Research Corporation 2011

### Back Safety Quiz Answers

MySafetySign.com features a full-length quiz to keep you informed on how to handle your heavy lifting safely and efficiently, helping you to steer clear of back injury. Free Start Your Quiz. Think you're already a back safety expert? The questions below are just a preview of what you'll be tested on in our quiz. Do YOU already know the answers?

### Back Safety

Back Safety Quiz Can you answer these questions? ... Implement an ergonomics program that redesigns tasks and work environment with an eye toward minimizing back hazards ; Explanation: According to the National Institute for Occupational Safety and Health (NIOSH,) putting into practice an ergonomics program that deals with modifying work tasks ...

### Back Safety Beginner Training

A comprehensive database of back safety quizzes online, test your knowledge with back safety quiz questions. Our online back safety trivia quizzes can be adapted to suit your requirements for taking some of the top back safety quizzes.

### Back Safety Course Test - Free Training

**BACK SAFETY: PROPER LIFTING PROCEDURES TEST QUESTIONS** Name: \_\_\_\_\_ Date: \_\_\_\_\_ 1. How many injuries in the workplace are related to the back? a. Half b. One out of three c. One out of five d. One out of 10 2. Bad lifting habits can deteriorate muscle strength and tissue over the course of time, eventually leading to a back injury. a. True b. False 3.

### Grantee Materials - By Topic | Occupational Safety and ...

Back Safety Quizzes Avoid Back Pain by Safe Lifting [7-Minute Safety Trainer] - Spanish Spanish National Back Safety Quizzes Safe Lifting and Preventing Back Injuries Quiz (Word) English National Back Safety Quizzes Safe Lifting Basics [7-Minute Safety Trainer] English National Back Safety Quizzes ...

### OSHA Safety Quiz Bank - SafetyInfo

Use this Workplace Safety Quiz to find out. Workplace safety starts with individuals being responsible, proactive and having keen awareness of the potential dangers in the work environment. Workplace Safety Quiz: 1.) Which of the following should you not do while lifting a heavy object or moving a patient? A. Keep your back straight

### Quiz & Answers 07-001 - Family Insurance Center

Back Safety Goals Back injury and injury prevention Lifting techniques Quiz. Back Statistics 80% of Americans will have a back injury that ... Quiz Answers 1. False. More back injuries occur at home. That's why we also need to consider our backs when away from work. 2. Poor posture disrupts the back's natural curves.

### Back Safety Quizzes Online, Trivia, Questions & Answers ...

(1) Feet apart and knees bent, (2) lift with legs, (4) keep load close to body and back straight, (5) turn by moving feet, not the body

### Back Safety Quiz - MySafetySign.com

This search form uses an instant search feature. As you type, search results will appear automatically below the search field. When you've entered you desired search terms use tab to navigate through the available results and hit enter to open the selected page or document.

### Ergonomics and Back Safety Quiz October 2013 Safety Meeting

5.: Which of the following is NOT true concerning the use of handtrucks and pushcarts? 1) It is easier and safer to push than to pull.

### Back Safety - Quiz - 2-10 - AF Group

McCord GOLF SERVICES AND SAFETY 62EAT I Questions? mickey@mccordgoltcom 919-345-5831

### Back Safety - Hortica Insurance & Employee Benefits

Back Safety. Answers to Quiz. 1. C. 2. Back, stomach, hip flexor and side. 3. False - The muscles are the most common

source of back pain. 4. B. 5. D. 6. A. 7. False - There is no scientific proof that back belts will help avoid back injuries. 8. C. 9. Answers include: Stretch until mild tension is felt, then hold for at least 5-10 seconds ...

*Workplace Safety Quiz | CEU360*

*Quiz & Answers 07-001 . 1. There are 2 major components in the back. True or False . 2. There are 31 pairs of nerves that extend out of the spinal cord. True or False 3. The muscles in the back help stabilize the spine. True or False 4. Years of neglect have little to do with back injuries. True or False 5.*

*Back Safety Trivia Questions - ProProfs Quiz*

*Safety Quiz - Back Safety Name \_\_\_\_\_ Date \_\_\_\_\_ Directions: Read each question carefully and choose the most correct answer by completely filling in the box next to the answer 1. Most back injuries at work are caused by: A. Automobile accidents B. Improper lifting C. Weak muscles*

*Safe Lifting Basics Quiz*

*Ergonomics and Back Safety Quiz October 2013 Safety Meeting. Name: Date: INSTRUCTIONS: Sign and date this quiz sheet. Circle the letter representing the correct answer to each quiz question below. QUIZ-SM-BACKSFTY V.A.0.0. 1. \_\_\_\_\_ is the study of equipment design for the purpose of improving efficiency, comfort and safety. A. Anatomy B.*

*Name !! Date ! Answer!the!following!questions!by!circling ...*

*This quiz is designed to measure your knowledge of safety with regards to Safe Lifting Basics. Answer every question True or False or by Multiple Choice selection. 1. Back pain is the second most common cause of lost work days. a. True b. False 2. You're more likely to have back pain and injury if you're: a. Overweight and in poor physical ...*

*Safety Quiz - Back Safety*

*BACK SAFETY Training Program Quiz TRAINING PROGRAM quiz NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ 1. The back's natural curves can be disrupted by poor posture. True or False 2. Before attempting to lift and move a load, three things should be done. a. Size up or evaluate the load b. Always put on a back brace*

*Ergonomics and Back Safety*

*These Safety Quizzes are provided as a starting point for you to develop facility specific safety quizzes for your employees. A safety quiz does not replace safety training but should be used to check employee safety knowledge. Each safety quiz has an answer key. Quiz Material in the Members Area*

*Glasscock County ISD*

*Ergonomics and Back Safety Quiz October 2013 Safety Meeting Name: Date: INSTRUCTIONS: Sign and date this quiz sheet. Circle the letter representing the correct answer to each quiz question below. QUIZ-SM-BACKSFTY V.A.0.0 1. \_\_\_\_\_ is the study of equipment design for the purpose of improving efficiency, comfort and safety. A. Anatomy*

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