

NAME: _____

SAFE LIFTING QUIZ

Please answer all questions by circling true or false. Once complete, return this to the Director of Human Resources within one week of receipt.

If your answers are not all correct, you will be asked to re-review the material.

1 The science and practice of finding ways to make tasks easier on the body is called ergonomics.

TRUE

FALSE

2 You should do the same tasks over and over again to avoid injury.

TRUE

FALSE

3 When lifting a load, you should lift with your legs, not your back.

TRUE

FALSE

4 When lifting a load, you should carry the load close to your body.

TRUE

FALSE

5 In order to work safely while seated, your feet should be elevated off the floor.

TRUE

FALSE

Signature

Date