

TO THE POINT ABOUT PREVENTING BACK INJURIES

Review Quiz

Name _____ Date _____

Please provide answers to the following to show how well you understand the information presented during this program.

1. The spine is composed of _____ cylindrical bones called vertebrae.
 - a. 13
 - b. 23
 - c. 33

2. The two lower discs in the spine are involved in most of the heavy lifting we do.
 - a. True
 - b. False

3. Most back problems are caused by a single, traumatic event.
 - a. True
 - b. False

4. What should you do prior to lifting a load?
 - a. Decide if you can lift it safely by yourself
 - b. Inspect the travel path to your destination
 - c. Make sure you and the load can fit through doorways safely
 - d. All of the above

5. When preparing to lift a load, you should take a narrow stance and bend at your knees.
 - a. True
 - b. False

6. If you need to change directions while carrying a load, you should turn by moving your feet.
 - a. True
 - b. False

7. Sitting and standing for long periods of time without maintaining your back's natural "S" curve can be just as harmful to your back as improper lifting.
 - a. True
 - b. False

8. When sitting, your ankles, knees, thighs and elbows should be angled toward the floor.
 - a. True
 - b. False

9. Almost everyone experiences some type of back pain in their lives.
 - a. True
 - b. False

ANSWERS TO THE REVIEW QUESTIONS

1. c

2. a

3. b

4. d

5. b

6. a

7. a

8. b

9. a