



Lifting Quiz

Select the best possible answer from each question. (Correct answers on bottom of page)

1. Keeping an object close to your body while lifting is important:
 - a) To reduce the “lever effect” of gravity upon the object and reduce the force your body is exposed to while lifting
 - b) Objects weigh less when held close to the body
 - c) Reduces the likelihood of dropping the object
 - d) Increases the amount you can lift

2. The National Institute for Occupational Safety & Health (NIOSH) says while there is no specific weight that every individual can safely lift, the recommend weight limit never exceeds:
 - a) 100 lbs.
 - b) 75 lbs.
 - c) 51 lbs.
 - d) 30 lbs.

3. Factors to consider when preparing for a lift include:
 - a) Distance the object is to be moved
 - b) Frequency or repetition of the lift
 - c) Awkwardness of the lift
 - d) All of the above

4. If an object is large, heavy or awkward you should:
 - a) Use a mechanical aid
 - b) Push the object instead of lift it
 - c) A and D
 - d) Get help from a coworker

5. When is it ok to twist while lifting?
 - a) When the object is light weight
 - b) When you are tired and need to use less energy to lift
 - c) It's never ok to twist while lifting
 - d) When you are lifting repetitively

6. Before you lift you should:
 - a) Test the weight of the object to see if you should lift it
 - b) Have a clear path free of tripping hazards and a clear place to set down the object
 - c) Wear slip resistant footwear to ensure good footing
 - d) All of the above

7. Organizing storage areas can:
 - a) Promote safe lifting by storing heavy/awkward items in the power zone (between the shoulders and the knees)
 - b) Promote safe lifting by storing heavy/awkward items in the power zone (above the shoulders)
 - c) Promote safe lifting by storing heavy/awkward items in the power zone (between the ankles and the knees)
 - d) Promote safe lifting by storing heavy/awkward items in the power zone (between the knees and the hips)

8. Warming-up & stretching before physical activity such as lifting:
 - a) Prepares the body for physical activity both mentally and physically
 - b) Reduces the chance of injury
 - c) A and B
 - d) Doesn't make a difference while lifting

9. Using safe lifting techniques:
 - a) Keeps you on the job
 - b) Prevents injury
 - c) Is a win-win for the employee an employer
 - d) All of the above

1) a 2) c 3) d 4) c 5) c 6) d 7) a 8) c 9) d