



## Back Safety Quiz

Read each statement carefully and circle the response that best answers the question.  
(Correct answers on the bottom of the second page)

1. Most back problems happen over time as a result of repeated minor strains or poor habits.
  - a. True
  - b. False
  
2. Your back is correctly aligned when:
  - a. Your ears, hips, and feet are in a straight line
  - b. Your ears, hips and knees are in a straight line
  - c. Your ears, hips, and shoulders are in a straight line
  - d. Your shoulders, hips and knees are in a straight line
  
3. It's important to practice good habits and lifting techniques at all times because:
  - a. You may develop a back disorder long before you show any symptoms
  - b. You're less likely to injure your back if its healthy to begin with
  - c. Once your back is injured, the chances of injuring it again go up significantly
  - d. Back health is important to your quality of life today and in the future
  - e. All of the above
  
4. One of the leading causes of poor back health is:
  - a. Lack of vitamins D and E
  - b. Bad posture
  - c. Sports injuries
  - d. Lifting loads weighing more than 100 pounds
  
5. If you don't have well-designed seating, you may need a \_\_\_\_\_ against your lower back to help maintain proper posture while sitting.
  - a. Back belt
  - b. Lumbar pillow
  - c. Tourniquet
  - d. Thoracic pillow
  
6. Muscles in your back and abdomen:
  - a. Have little to do with the health of your back
  - b. Protect your spinal cord and nervous system
  - c. Need to be strong and healthy to keep your back in proper working condition
  - d. Add 10 pounds of excess strain to your back if not stretched properly
  - e. B and C
  
7. Which professions are at risk for back injury:
  - a. Construction workers
  - b. Airline pilots
  - c. Police officers
  - d. Heavy truck and tractor-trailer drivers
  - e. All of the above

8. While there is no single safe weight for all individuals in all situations, the National Institute for Occupational Safety and Health (NIOSH) says a recommended weight limit never exceeds:
- a. 95 pounds
  - b. 77 pounds
  - c. 51 pounds
  - d. 39 pounds
9. It's important to lift an object as close to your body as possible because:
- a. If an object is too far away from your body, you'll forget to use good lifting techniques
  - b. An object held straight ahead of you has a "lever effect" that multiplies the force on your lower back up to 30 times
  - c. Objects held close to your body feel like they are weightless
  - d. The farther away an object is, the more pressure it puts on your back
  - e. B and D
10. When planning your route before you lift, you should make sure:
- A. You have a map of the route your taking
  - B. Your path is clear of tripping or slipping hazards
  - C. You have a place to put the load down
  - D. The load meets OSHA standards
  - E. B and C

1) a 2) c 3) e 4) b 5) b 6) e 7) e 8) c 9) e 10) e