

103789 Making the Best Use of Lifting & Handling Aids - Quiz

Test your knowledge

1. Heavy materials should be lifted in the fastest way possible

True False

2. Back injuries caused from improper lifting can last a lifetime.

True False

3. Workers should do which of these things to protect themselves from lifting injuries:

A. Take time to assess whether a load can be safely lifted.

B. Check the safe working load on a lifting or handling aid prior to moving a load.

C. Check the moving path for obstructions prior to moving a load on a lifting or handling aid.

D. all of the above

4. Workers who perform frequent and heavy lifting are at risk for hernias caused by abdominal strain.

True False

5. A supervisor will not be able to help you determine the correct lifting or handling aid for moving a load.

True False