

POWERLIFT:
Lifting Techniques For A Healthy Back

Name _____ **Date** _____

The following questions are provided to check how well you understand the information presented during this program.

1. Lifting anything while balancing on the balls of your feet is an awkward, weak and unstable position.
 - a. True
 - b. False

2. Taking a wider stance to get lower and closer to a load reduces knee bend to around _____.
 - a. 45 degrees
 - b. 65 degrees
 - c. 100 degrees

3. When approaching a load, you should always use your first step to create a wide stance.
 - a. True
 - b. False

4. Lifting your head and chest while performing a basic PowerLift helps to rotate your hips forward into optimal lifting position.
 - a. True
 - b. False

5. Boxes, buckets and practically any type of load can be tipped toward you to create handles as part of performing a safer lift.
 - a. True
 - b. False

6. When performing a lift, supporting the weight of your upper body by the use of your hands or other objects is called _____.
 - a. Bracing
 - b. Blocking
 - c. Bridging

7. Pushing down on a load while performing a tripod lift helps to push your body up.
 - a. True
 - b. False

8. When performing the lean bar technique, you must use one hand to support the weight of your upper body.
 - a. True
 - b. False

9. When a load is too heavy or too awkward to lift alone, you should find a partner and use PowerLift techniques to team lift the load safely.
 - a. True
 - b. False

10. You should only pull objects one-handed when you have first assumed a low, athletic stance.
 - a. True
 - b. False

ANSWERS TO THE REVIEW QUESTIONS

1. a

2. c

3. b

4. a

5. a

6. c

7. a

8. b

9. a

10. b