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