



HOW MUCH DO YOU KNOW ABOUT BACK SAFETY?

Back injuries are a frequent cause of lost work and income, not to mention severe pain. Knowledge is your most powerful back safety tool. Take these quizzes to test your knowledge of back safety.

1. **TRUE OR FALSE:** If an object weighs more than 50 pounds, you should not lift or carry it by yourself.

2. Name five common causes of back injury:

3. **TRUE OR FALSE:** When you lift properly, you use the strength of your back, not your arms.

4. **TRUE OR FALSE.** You should do warm-up exercises before work to help prevent muscular injury.

5. Name four of the most common lifting injuries:

6. What are the five rules of safe lifting?

ANSWERS: 1. True. Most people should not lift by themselves anything weighing more than 40 pounds. 2. Lifting with straight legs; bending at the waist; tripping while carrying an object; trying to lift something too quickly; leaning or stretching to pick up an object; lifting when tired; lifting awkwardly-shaped objects; lifting something that's too heavy. 3. False. When you lift, you should use the strength of your legs, not your back. 4. True. 5. Back strains and sprains, slipped discs, muscle spasms, hernias 6. Tuck your pelvis; bend your knees; hug the load close; avoid twisting; if it's too heavy, don't lift it.

HOW OFTEN DO YOU DO THE FOLLOWING?

| | Sometimes | Always | Seldom |
|--|-----------|--------|--------|
| back exercises to keep in shape | | | |
| ask for help when a load is too heavy | | | |
| practice good posture | | | |
| stretch before lifting | | | |
| use mechanical aids, such as dollies and forklifts | | | |
| get regular exercise | | | |
| avoid overdoing it | | | |

MARK EACH OF THE FOLLOWING AS "SAFE" OR "AT RISK."

| | Safe | At Risk |
|---|------|---------|
| 1. bending at the waist to pick up a heavy object | | |
| 2. bending your knees instead of your back | | |
| 3. holding the load close to you | | |
| 4. lifting straight up | | |
| 5. lifting with your hands only | | |
| 6. tucking your pelvis in as you lift | | |
| 7. turning the upper half of your body | | |
| 8. twisting as you lift or put down an object | | |

Give yourself two points for each "Always," and one point for each "Sometimes" answer. A score of 12 to 14 means you're doing everything right. A score of 8 to 11 means you're aware of back safety, but you could be doing better. A score below 8 means you better start taking better care of your back.

Answers: Safe: 2, 3, 4, 6; At Risk: 1, 5, 7, 8

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|-----------------------------|--------------------------|-----------------------------------|
| Date: | Company Name: | |
| Project Number/Name: | Meeting Location: | Person Conducting Meeting: |

Items Discussed: _____

Problem Areas or Concerns: _____

Attendees: _____

Comments: _____
