

Back and Lifting Safety-Assessment

Name: _____ Date: _____

1) True or False

It is much easier to fix a back injury than to prevent one from happening.

2) True or False

Most back injuries occur because of sudden trauma and auto accidents

3) Check all that apply

A few basic rules about lifting, posture and proper exercise can help keep your back in good shape. These are:

- ____ Exercise regularly
- ____ Lose Weight
- ____ Sit in a slouched, comfortable position
- ____ Correct Straight Posture
- ____ Using the back muscles to lift light loads

4) Check all that apply

Material handling techniques to be followed are:

- ____ Get two strong guys to move it
- ____ Move the object twice, once in the head and once actually moving it
- ____ Pull the object into place
- ____ Ask for help
- ____ Lift with the back, not the legs

5) True or False

Avoid lifting heavy objects that are lower than your knees. If you suspect the load is too heavy to be lifted comfortably, do not chance it. Use a mechanical aid, break the load down into its component parts, or get help.

6) True or False

The further the load is from the centerline of your body, the less the strain imposed on your back. If need be, squat down bending your back and stomach.

7) True or False

Lift with Your Legs, not Your Back. If you need to turn to the side, turn by moving your feet around and not by twisting at your stomach.

8) True or False

Set the Load Down Slowly. Once you have reached your destination, it's equally important that the load is set down slowly. It is much better not to break the merchandise than it is to wrench your back.

9) True or False

Back belts protect workers from back injury.

10) True or False

National Institute for Occupational Safety and Health (NIOSH) in the United States reviewed and evaluated the existing data related to back belts. Their final conclusions are:

- back belts should not be considered as personal protective equipment;
- back belts should not be recommended for use in occupational situations.

Key-Back and Lifting Safety-Assessment

1) True or **False**

It is much easier to fix a back injury than to prevent one from happening.

Preventing a back injury is much easier than repairing one.

2) True or **False**

Most back injuries occur because of sudden trauma and auto accidents

Most back pain arises from using your back improperly

3) Check all that apply

A few basic rules about lifting, posture and proper exercise can help keep your back in good shape. These are:

- **Exercise regularly**
- **Lose Weight**
- Sit in a slouched, comfortable position
- **Correct Straight Posture**
- Using the back muscles to lift light loads

4) Check all that apply

Material handling techniques to be followed are:

- **Get two strong guys to move it**
- **Move the object twice, once in the head and once actually moving it**
- Pull the object into place
- **Ask for help**
- Lift with the back, not the legs

5) **True** or False

Avoid lifting heavy objects that are lower than your knees. If you suspect the load is too heavy to be lifted comfortably, do not chance it. Use a mechanical aid, break the load down into its component parts, or get help.

6). True or **False**

The further the load is from the centerline of your body, the less the strain imposed on your back. If need be, squat down bending your back and stomach.

The further the load is from the centerline of your body, the greater the strain imposed on your back. If need be, squat down bending your knees (not your back and stomach).

7) **True** or False

Lift with Your Legs, not Your Back. If you need to turn to the side, turn by moving your feet around and not by twisting at your stomach.

8) True or **False**

Set the Load Down Slowly. Once you have reached your destination, it's equally important that the load is set down slowly. It is much better not to break the merchandise than it is to wrench your back.

9) True or **False**

Back belts protect workers from back injury.

No evidence has so far been found to support the claim that wearing back belts improves one's back safety.

10) True or False

National Institute for Occupational Safety and Health (NIOSH) in the United States reviewed and evaluated the existing data related to back belts. Their final conclusions are:

- back belts should not be considered as personal protective equipment;
- back belts should not be recommended for use in occupational situations.

NIOSH concerns led to the below conclusions:

- the use of back belts may produce some strain on the cardiovascular system;
- the use of back belts limits mobility and may reduce the suppleness and elasticity of muscles and tendons, potentially contributing to back injury;
- the use of back belts may create a false sense of security, increasing the risk of lifting excessive loads.

With these recommendations in mind, the Company warns users and potential users of any kind of back belts about the potential health risks that could result from wearing these devices.