

# WHAT DO YOU KNOW ABOUT SAFETY?

Select true or false for each of the following questions:

## Workplace Injury

- T F Employees suffer from back-pain more than any other affliction.
- T F Back pain is the top reason employees miss work.
- T F The leading cause of disability among adults is back problems.
- T F Back injuries don't cost as much to treat as other injuries.

## Personal Risk

- T F There are warning signs for "back attacks."
- T F Pain is good for you - it builds strength and character.
- T F If you haven't had problems before, you're not at risk.
- T F Back pain is an inevitable part of aging.
- T F Back pain is common – it doesn't mean you're seriously injured.
- T F Increasing pain is a sign that your illness is getting worse.

## Ergonomics

- T F Always carry loads close to your upper body.
- T F Use the same techniques to pick-up and set-down heavy loads.
- T F Reaching outward relieves stress on your lower back.
- T F Always lift with your legs.
- T F How I work at home can also affect my back.
- T F It's better to lift a heavy object by yourself than to ask for help.
- T F It's best to bend at the waist when lifting.
- T F Squatting to pick up items is bad for your back.
- T F There is no right way to lift.
- T F It's best to turn at the waist instead of twisting the entire body.

## Back Belts

- T F Back belts can cause muscle weakness if worn too tight.
- T F Back belts make you stronger.
- T F People in good shape are at a lesser risk for back problems.