



WHAT DO YOU KNOW ABOUT SAFETY?

How tough are you? Can you do strenuous work all day without injury? If so, take this ergonomics quiz to see how much you truly know about proper lifting, carrying and transporting techniques.

1. What types of motions present ergonomics hazards?
 - a) Heavy lifting
 - b) Carrying excessive amounts
 - c) Repetitive motions
 - d) All of the above

2. Name three considerations that must be made before lifting a heavy load.

3. When lifting an object from ground level, you should:
 - a) Bend with your back down to the floor
 - b) Squat down to pick it up
 - c) Bend at your knees to grab it
 - d) Ask someone else who's stronger to hand it to you

4. When lifting a load from overhead, what considerations should you take? List two.

5. How should you change directions when carrying a load?
 - a) By moving your feet first in the direction you want to go
 - b) By moving your hips first in the direction you want to go
 - c) None of the above