A Better Way To Lift

Quiz
A Better Way to Lift Answer Key

1) b
2) d
3) b
4) c
5) b
6) c
7) a
8) b
9) a
A Better Way to Lift

1) This video is trying to teach employees how to perform the perfect lift.
   a. True
   b. False

2) Which of the following is a principle when lifting?
   a. Build a bridge
   b. Feet first
   c. Keep it close
   d. All of the above

3) A small bridge will do nothing to help your lift.
   a. True
   b. False

4) Which of the following is not a benefit of the power position?
   a. Shock absorption
   b. Muscles that move your spine are in their strongest position
   c. It straightens your spine to maximize efficiency

5) The safest lifting positions are always the most practical
   a. True
   b. False

6) Why is building a bridge essential when lifting?
   a. The weight of your upper body is not included in the lift
   b. It puts less stress on your back
   c. All of the above

7) Lifting something away from your body is how much more demanding on your lower back?
   a. 7-10 times
   b. 70-100 times
   c. 2 times

8) Back problems usually result from a one-time instance as opposed to long-term wear and tear.
   a. True
   b. False
9) Knowing a better way to lift will decrease the effort necessary as well as minimize the risk of injury.
   a. True
   b. False