



**Results for:**  
Back & Lifting Safety

**Company Name:**  
DBaC

**Points:**  
100 out of 100

**Duration:**  
0 min, 40 sec

**Percentage:**

**100.00%**

**Employee Name:**  
Darren Cox

**Title:**  
Back & Lifting Safety

**Date finished:**  
May Mon May 2022 11:57

**Date started:**  
May Mon May 2022 11:56

### Question 1 of 10

**About 1 million back injuries occur every year in the workplace.**

Correct answer: **(A)**

Selected answer: **(A)**

A) True

B) False

### Question 2 of 10

**The power zone of lifting is between the feet and the waist.**

Correct answer: **(B)**

Selected answer: **(B)**

A) True

B) False

### Question 3 of 10

**When lifting, keep the natural curves of your back by bending your knees.**

Correct answer: **(A)**

Selected answer: **(A)**

A) True

B) False

### Question 4 of 10

**When lifting:**

Correct answer: **(A)**

Selected answer: **(A)**

A) Keep the item close to your body

B) Keep the item far away from your body

## Question 5 of 10

**It is usually better to:**

Correct answer: **(A)**

Selected answer: **(A)**

A) Push an item

B) Pull an item

## Question 6 of 10

**Good communication is needed when more than one person is lifting.**

Correct answer: **(A)**

Selected answer: **(A)**

A) True

B) False

## Question 7 of 10

**Only lift something if you can lift it safely with good lifting techniques.**

Correct answer: **(A)**

Selected answer: **(A)**

A) True

B) False

## Question 8 of 10

**Performing stretching exercises can reduce the chance of injury.**

Correct answer: **(A)**

Selected answer: **(A)**

A) True

B) False

## Question 9 of 10

**There is no need to consult a health care professional before doing stretching exercises.**

Correct answer: **(B)**

Selected answer: **(B)**

A) True

B) False

## Question 10 of 10

**Three of the lifting principles are 1) Get into a strong lifting position, 2) keep the item close to your body and 3) avoid twisting .**

Correct answer: **(A)**

Selected answer: **(A)**

A) True

B) False