



Results for:

Back & Lifting Safety

Company Name:

ADL Painting and Wallcovering Inc.

Points:

100 out of 100

Duration:

7 min, 24 sec

Percentage:

100.00%

Employee Name:

Oliver Omar Mejia Yoc

Title:

Back & Lifting Safety

Date finished:

Jan Mon January 2024 05:34

Date started:

Jan Mon January 2024 05:27

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