

## MATERIAL HANDLING

## QUIZ KEY

1. The “safe” lifting zone is:
  - ~~a. Between the floor and your knees~~
  - ~~b. Above your head~~
  - c. Between your mid-chest and your upper thigh**
  - ~~d. At arm’s length from your body~~
2. Which of the following should you NOT do while lifting heavy objects?
  - ~~a. Keep the object close to your body~~
  - b. Keep your feet together**
  - ~~c. Keep you back straight~~
  - ~~d. Bend at the knees~~
3. If you wear a back belt you can lift more weight than you could without a belt
  - a. True
  - b. False**
4. Which of the following should NOT do when lowering a load?
  - a. Twist your body**
  - ~~b. Keep the load close to your body~~
  - ~~c. Bend your knees~~
  - ~~d. All of the above~~
5. All of the following will help you avoid a back injuries when lifting EXCEPT.
  - ~~a. Sharing the load with another person~~
  - ~~b. Avoiding twisting~~
  - ~~c. Bending your knees~~
  - d. Leaning forward and reaching**
6. It is only necessary to lift with your legs when lifting a heavy load.
  - ~~a. True~~
  - b. False**
7. Which is the safer method to move an object:
  - a. Push**
  - ~~b. Pull~~

