

KNOWLEDGE

Which is the safer method to move an object?

- Push
- Pull

If you wear a back belt you can lift more weight than you could without a belt.

- True
- False

Methods to reduce the potential for ergonomic-related injuries include: (check all that apply)

- Adjust the height of the work surface
- Pace the work flow
- Train employees in proper lifting techniques
- Provide employees with back belts
- Use mechanical lifts

All of the following will help you avoid back injuries when lifting except:

- Sharing the load with another person
- Bending your knees [and using your legs to help]
- Leaning forward and reaching
- Avoiding twisting [while holding the load]

The safe lifting zone is:

- Between the floor and your knees
- Between your mid-chest and your upper thigh
- Above your head
- At arms' length from your body

Coolants and cutting oils may cause which of the following health problems?

- Kidney and liver disease
- Nerve and liver injury
- Skin rash and liver disease
- Skin rash and lung problems



SKILLS

I am comfortable with my ability to demonstrate and explain how to safely lift and carry heavy objects.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

I am comfortable with my ability to design group class activities that use checklists to identify ergonomic risk factors for specific tasks.

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

