

Quiz answer key

Back Safety Training (demo course)
10 questions.

You're reviewing this course's quiz answers. Check the marked answer for each question. If one looks wrong, reply with the question number and the correction.

1. Where is the optimum safe lifting zone located?

Scene 2, Slide 1

- ☐ At arm's length, below the knees
- ☐ Above shoulder height, near the head
- ☐ Far from the body, at waist level
- ☒ Close to the body, between mid -thigh and mid -chest height

2. What alignment helps avoid twisting the torso during a lift?

Scene 2, Slide 2

- ☐ The pelvis should rotate while the shoulders stay square
- ☐ The shoulders should turn while the pelvis stays fixed
- ☐ The torso should twist as needed to improve reach
- ☒ The pelvis and shoulders should face straight ahead

3. Which lower-body movement is recommended for safe lifting?

Scene 2, Slide 3

- ☐ Keep the legs straight and bend only at the waist
- ☐ Lock the knees and hinge backward
- ☐ Shift the weight onto the toes only
- ☒ Bend at the hips and knees as much as possible

4. When developing return-to-work programs for moving loads, which approach is generally preferred?

Scene 2, Slide 4

- ☐ Pulling is generally preferable to pushing
- ☐ Pushing and pulling have the same risk
- ☐ Pulling is safer when walking backward
- ☒ Pushing is generally preferable to pulling

5. Which action is listed as a sign of physical effort during overhead lifting?

Scene 2, Slide 5

- ☒ Resting the box on the body or shoulder
- ☐ Bending the knees during the lift
- ☐ Maintaining vertical trunk alignment
- ☐ Keeping the box close to the body

6. What does uncontrolled throwing of an object during a lift usually suggest?

Scene 2, Slide 6

- ☐ The person is keeping the load close to the body
- ☐ The person is using a moderate pace with control
- ☐ The person is lifting with vertical trunk alignment
- ☒ The person may be using momentum to assist the lift

7. Which tools are used to monitor pain and perceived exertion during dynamic lifting tasks?

Scene 2, Slide 7

- ☐ Heart rate monitor and blood pressure cuff
- ☐ Body mass index and grip strength scale
- ☐ Pain map and gait index
- ☒ Visual Analog Scale and Rate of Perceived Exertion Scale

8. When possible, what load limit should overhead lifting generally stay at or under?

Scene 2, Slide 8

- ☐ At or under 15 lbs.
- ☐ At or under 35 lbs.
- ☐ At or under 50 lbs.
- ☒ At or under 25 lbs.

9. The wrists should stay in line with the forearms and should not bend sideways, forward, or backward during correct neutral posture.

Scene 2, Slide 9

☐ False

☒ True

10. In safe lifting, it is best to plant the feet firmly and avoid pivoting or weight shifting.

Scene 2, Slide 10

☒ False

☐ True