

Back injury prevention quiz

1. Cost of back and neck treatment annual cost
 - a. 800 millio
 - b. 86 billion
 - c. 86 million
 - d. 8.6 billion
2. Back injuries account for what percentage of workplace injuries involving time away from work
 - a. 75%
 - b. 50%
 - c. 24%
 - d. 12%
3. How many curves in spine of correct posture
 - a. 2
 - b. 3
 - c. 4
 - d. 5
4. Fitness factor increases capacity to lift weight is which of the following?
 - a. Weight control
 - b. Flexibility
 - c. Cardiovascular
 - d. strengthening
5. Remodeling creates tissue loss in what part of the body?
 - a. Muscles
 - b. Tendon
 - c. Bones
 - d. Ligaments
6. A safe lifting equation was developed by
 - a. OSHA
 - b. CDC
 - c. NSC
 - d. NIOSH
7. Lifting aid
 - a. Coworker
 - b. Dolly
 - c. Forklift
 - d. All of the above
8. Benefits of bending at the knees instead of waist
 - a. Helps use crane effect
 - b. Uses stronger muscle group
 - c. No benefit
 - d. Better grip

9. Not a safe lifting rule
 - a. Keep load close to you
 - b. Do not twist at waist
 - c. Lifting aid if available
 - d. Jerk and press
10. Back pain can be prevented in seated work
 - a. Taking periodic breaks
 - b. Sitting with no breaks
 - c. Letting leg dangle
 - d. Selecting hard seat