



Safety Tips

A five-minute training Series for PCOs.

Back Injuries Quiz

Name _____

Date _____

	True	False
1) The lifting ratio when bending at the hips is 10 to 1.	<input type="checkbox"/>	<input type="checkbox"/>
2) You should avoid twisting while lifting.	<input type="checkbox"/>	<input type="checkbox"/>
3) Bending your knees, while lifting, can prevent the 10 to 1 lifting ratio problem.	<input type="checkbox"/>	<input type="checkbox"/>
4) Weights over 35 lb. increase the probability of back injuries and help should be sought, if possible.	<input type="checkbox"/>	<input type="checkbox"/>
5) You can lessen the possibility of back injuries by pulling objects instead of pushing them.	<input type="checkbox"/>	<input type="checkbox"/>