



Safety Tips

A five-minute training series for PCOs.

Proper Lifting Quiz

Name _____

Date _____

	True	False
1) Back injuries are the result of improper lifting, stretching to lift objects and poor body maintenance.	<input type="checkbox"/>	<input type="checkbox"/>
2) When bending at the hips to lift, the lifting ratio is 10 to 1.	<input type="checkbox"/>	<input type="checkbox"/>
3) Stretching can help prevent lifting strains.	<input type="checkbox"/>	<input type="checkbox"/>
4) Your vehicle seat position is important as it can reduce the need to reach and twist while driving.	<input type="checkbox"/>	<input type="checkbox"/>
5) Avoid stretching while lifting to prevent strains.	<input type="checkbox"/>	<input type="checkbox"/>