



# Safety Tips

A five-minute training series for PCOs.

## Stretching Quiz

Name \_\_\_\_\_

Date \_\_\_\_\_

	True	False
1) Materials handling jobs do not include pushing or pulling objects.	<input type="checkbox"/>	<input type="checkbox"/>
2) Sprains and strains are our number one cause of employee accidents so far this year.	<input type="checkbox"/>	<input type="checkbox"/>
3) Sitting in a vehicle for extended periods of time can cause an individual's muscles to draw up and become tight.	<input type="checkbox"/>	<input type="checkbox"/>
4) Bending to touch your toes is a good exercise as long as you do not strain your back.	<input type="checkbox"/>	<input type="checkbox"/>
5) Reaching to lift a box out of your truck is also a good stretching exercise.	<input type="checkbox"/>	<input type="checkbox"/>