

PestSure  **Safety Tips**
INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Neutral Postures - Quiz

Name _____

Date _____

- | | True | False |
|--|--------------------------|--------------------------|
| 1) Neutral posture is that position where your muscle works most efficiently and where your joint is at rest. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) It is best to carry your head tilted slightly forward to improve your balance. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) If you feel tightness or stiffening in your low back you should ignore the discomfort for as long as possible and hopefully it will decrease. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Brief stretches throughout the workday will keep your body flexible and decrease the risk of strain. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Minor aches and pains can be signals from your body that you need to stretch or change positions before continuing. | <input type="checkbox"/> | <input type="checkbox"/> |