# Company:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

## Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. You should stand close to a load to lift it. T/F

2. You should keep your feet together when lifting. T/F

3. Employees have obligations under the Safety, Health & Welfare at Work Act. T/ F

4. The spine works better when bent. T/F

5. Action & postural muscles perform the same job. T/F

6. Most of the power for lifting should come from your legs. T/F

7. Ligaments attach bone to bone. T/F

8. Exercise is bad for your back. T/F

9. It is easier to lift a load from the ground than at waist height. T/F

10. The maximum lifting guide weight for women is the same for men. T/F

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| Criteria | Lifting from the ground | Carrying, putting down | Onto/ from table or bench | 2 person lift | Pushing/ Pulling a trolley |
| Assess, T.I.L.E  Close to load, Feet  Broad Stable Base,  Bend Knees,  Arms in line  Firm Palm Grip,  Head forward/Align spine  Use legs, WT |  |  |  |  |  |

Instructor’s comments: