

Name _____

Date _____

Safe Lifting and Mechanical Aids

The following test is a true/false, multiple choice test designed to reinforce your knowledge on Safe Lifting and Mechanical Aid Safety. Circle the best answer.

1. It is unnecessary to assess a load before moving it?
 - a. True.
 - b. False.
2. When should a team lift be performed?
 - a. When the load is awkward
 - b. If the load is too heavy
 - c. When another employee needs your help
 - d. All of the above
3. Why is the path of travel important?
 - a. You should always know where you are going
 - b. There could be obstructions or trip hazards
 - c. Your supervisor wants to know where you are working
 - d. None of the above
4. What are some of the lifting activities at work that could result in an injury?
 - a. Walking, checking, taking a break
 - b. Using a ladder, driving the forklift
 - c. Pulling/Pushing palletized loads, awkward postures of the upper body.
 - d. Standing, walking up/down the stairs
5. If you work in a seated position, you should stand frequently, if you work standing you should walk around? These are tips for a healthy back.
 - a. True
 - b. False
6. When performing a lift at work you should?
 - a. Assess the load
 - b. Use a mechanical aid whenever possible
 - c. Lift with your legs and not your back
 - d. All of the above
7. Twisting while lifting a load is okay?
 - a. True
 - b. False

8. What is the definition of Ergonomics?
 - a. Providing safe lifting equipment to employees to reduce injuries
 - b. Hiring the right worker for the job to reduce injuries
 - c. The science of fitting the worker to the job in order to reduce injuries
 - d. The science of fitting the job to the worker in order to reduce injuries
9. What is the purpose of a pallet jack?
 - a. Transporting palletized loads or empty pallets
 - b. Giving rides to employees or yourself
 - c. Moving fixtures around the store
 - d. None of the above
10. The power jack is a motorized piece of equipment and can be used by any employee?
 - a. True
 - b. False
11. When using a dolly or cart you should?
 - a. Choose the right one for the job
 - b. Inspect for damage
 - c. Determine your needs and where you are going
 - d. All of the above
12. If a cart or dolly is damaged you can use it until your shift is over, then report it to your supervisor?
 - a. True
 - b. False