

Shop Topics Back Safety (001-T)

Quiz / Test

According to OSHA, what fraction of workplace injuries are back injuries?

What percentage of workplace back injuries occur during lifting tasks?

A common cause of back strains in manufacturing is _____ at the waist instead of using the legs.

What specific action while lifting greatly increases strain on the spine?

Besides weight, what two characteristics can make loads awkward and difficult to lift safely?

What is the primary negative consequence of continuous lifting without breaks?

What is considered a cause of back strains related to the work environment itself?

What is the primary health benefit of lifting safety preparedness?

How does lifting safety preparedness affect business operations?

What is a major financial benefit for a company that implements proper lifting safety?

Implementing proper lifting safety helps a company ensure compliance with what specific guidelines?

What is a significant drawback or cost associated with improving lifting safety?

Beyond purchasing equipment, what operational change may be required to improve lifting safety?

One 'con' of lifting safety preparedness is that it takes _____ to implement proper lifting techniques across the workforce.

What type of hands-on training is recommended to teach employees proper lifting techniques?

To reduce muscle strain before lifting, employees should engage in what type of activities?

Equipment like mechanical lifts, hoists, and conveyors are categorized as what?

What two items are mentioned as components of ergonomic workstations?

What category of PPE can provide additional support for the back during lifting tasks?

Tools such as dollies, carts, and forklifts fall under what category of essential equipment?

What are the three core components of a proper lifting technique?

To avoid rotating the spine when changing direction with a load, a worker should do what instead?

To reduce strain on the lower back, where should a load be positioned during a lift?

What practice is recommended to prevent fatigue and repetitive strain injuries during lifting tasks?