

Shop Topics Back Safety (001-SG)

Study Guide

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

[Back injuries account for one in five workplace injuries.](#)

What percentage of workplace back injuries occur during lifting tasks?

[75% 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.

[bending](#)

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

[Rotating or twisting the spine while it is under load.](#)

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

[Poor grip and being oversized.](#)

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

[It leads to muscle fatigue, increasing the risk of injury.](#)

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

[Poor workplace ergonomics, such as a lack of lifting aids or an improper workstation design.](#)

What is the primary health benefit of lifting safety preparedness?

[It prevents back injuries and long-term musculoskeletal disorders.](#)

How does lifting safety preparedness affect business operations?

[It improves workplace efficiency and productivity.](#)

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

[It reduces workers' compensation claims and medical costs.](#)

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

[OSHA ergonomic guidelines.](#)

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

[It requires investment in ergonomic equipment and employee training.](#)

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

[Workflow adjustments may be needed to accommodate lifting aids.](#)

One 'con' of lifting safety preparedness is that it takes _____ to implement proper lifting techniques across the workforce.
[time](#)

What type of hands-on training is recommended to teach employees proper lifting techniques?
[Ergonomic lifting workshops.](#)

To reduce muscle strain before lifting, employees should engage in what type of activities?
[Stretching and warm-up exercises.](#)

Equipment like mechanical lifts, hoists, and conveyors are categorized as what?
[Lifting aids.](#)

What two items are mentioned as components of ergonomic workstations?
[Adjustable tables and anti-fatigue mats.](#)

What category of PPE can provide additional support for the back during lifting tasks?
[Supportive PPE, such as back braces and lifting belts.](#)

Tools such as dollies, carts, and forklifts fall under what category of essential equipment?
[Material handling tools.](#)

What are the three core components of a proper lifting technique?
[Bend at the knees, keep the back straight, and lift with the legs.](#)

To avoid rotating the spine when changing direction with a load, a worker should do what instead?
[Pivot the feet.](#)

To reduce strain on the lower back, where should a load be positioned during a lift?
[The load should be kept close to the body.](#)

What practice is recommended to prevent fatigue and repetitive strain injuries during lifting tasks?
[Taking regular breaks.](#)