

*Albuquerque Public Schools  
Risk Management Department*

*Lifting Safety for Special Education Quiz*

Name: \_\_\_\_\_ Location: \_\_\_\_\_

Employee Number: \_\_\_\_\_ Date: \_\_\_\_\_

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Read each question and select the correct answer by circling "True" or "False"

1. One-quarter of all workers compensation injuries involve the back.

True

False

2. The human back is made of small bones called vertebrae.

True

False

3. Many of the problems that cause back pain are the result of injury and degeneration of the intervertebral discs.

True

False

4. Extra weight, stress and overdoing it are three factors which contribute to back injury.

True

False

5. Heavy lifting is not a cause of back injury.

True

False

6. When planning to lift a student, one must consider the factors involving the student, the care giver and the environment.

True

False

7. When a student weighs over 50 pounds, a two-person lift should be used.

True

False

8. When a child weighs over 100 pounds, a mechanical lift should be used.

True

False

9. It is not required to lift in unison when performing a two person lift.

True

False

10. Stretching before lifting serves no useful purpose.

True

False

Once finished, give this quiz to your supervisor so it can be sent to Risk Management.