

*Albuquerque Public Schools  
Risk Management Department*

*Back & Lifting Safety 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. Using carts and dollies to carry heavy objects is one way to avoid back injury.  
True  
False
7. When lifting you should always keep your knees straight, never bent.  
True  
False
8. Avoid twisting when lifting or carrying a heavy load.  
True  
False
9. If the shape is too awkward or the object is too heavy for you to lift and move by yourself you should ask for help.  
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.