

## **2016 MANUAL HANDLING QUIZ**

### **HAZARDOUS MANUAL HANDLING TASKS**

Circle Correct  
Answer

|    |   |      |       |
|----|---|------|-------|
| 1. | Only tasks that involve lifting heavy objects are considered hazardous manual tasks.                              | True | False |
| 2. | Health workers have a legal responsibility to take reasonable care of their own health and safety.                | True | False |
| 3. | Applying repetitive, sustained, high or sudden force to perform manual tasks can cause musculoskeletal disorders. | True | False |
| 4. | All manual task injuries are caused by the sudden application of a high amount of force.                          | True | False |

### **REDUCING THE RISK OF INJURY**

|    |   |      |       |
|----|---|------|-------|
| 1. | Tight working spaces can affect your risk of incurring a musculoskeletal disorder.  | True | False |
| 2. | Mechanical aids can be used to reduce the risk of injury by reducing the amount of force required from your body to perform a manual handling task. | True | False |
| 3. | When undertaking a manual handling task it is important to assess the risk, eliminate the risk or reduce the risk associated with the task.         | True | False |
| 4. | If not sure how to perform a manual handling task safely you should request advice from your manager or supervisor.                                 | True | False |

### **SAFE PRACTICES FOR PERFORMING MANUAL HANDLING TASKS**

|    |   |      |       |
|----|---|------|-------|
| 1. | When performing a task that requires pushing or pulling, it is better to push the load.   | True | False |
| 2. | When lifting you should always try to lift the load with your legs.   | True | False |
| 3. | Stretching your muscles before performing manual tasks and during breaks can help to reduce the risk of injury.                             | True | False |
| 4. | When lifting a load, it is safe practice to assume a well-balanced position with your feet apart, facing the direction that you need to go. | True | False |

# Manual Handling Test

**JR Anderson**



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