

## **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 Paper

**James Mills Peirce**



## **Manual Handling Test Paper:**

**Manual of Seed Handling in Genebanks** ,2006      **Ship-to-shore Hose Handling Operations Manual** United States. Naval Facilities Engineering Command,1980      An Examination Manual in Plane Geometry George Albert Wentworth,George Anthony Hill,1894      **The Modern Materials Handling Materials Handling Manual** ,1958

**Manual of Mental and Physical Tests: Simpler processes** Guy Montrose Whipple,1914      Air Force Manual United States. Department of the Air Force,1973      **Fieldcrest Dairies, Inc. V. City of Chicago** ,1941      *Manual of Mental and Physical Tests* Guy Montrose Whipple,1914      **Mathematical Tables** James Mills Peirce,1895      **Executive's Manual for Personnel Handling** Prentice-Hall, Inc,1964      Manual of mental and physical tests v.1, 1914 Guy Montrose Whipple,1914

The Bluejackets' Manual Ridley McLean,Norman Reeve Van der Veer,1917      **American National Standard for Paper Used in Optical Character Recognition (OCR) Systems** American National Standards Institute,1979      **Manual Descriptive of Competitive and Non-competitive Positions and Examination** ,1908      Service Chemistry Vivian Byam Lewes,John Samuel Stafford Brame,1920      Laboratory Manual to Accompany Essentials of Anatomy and Physiology Kevin T. Patton,2004-02 Kevin Patton divides the lab activities typically covered in A P lab into 42 subunits allowing instructors the flexibility to choose the units and sequence that integrates with lecture material Basic content is introduced first and gradually more complex activities are developed Features include procedure check lists coloring exercises boxed hints safety alerts separate lab reports and a full color histology mini reference      Laboratory Manual of Biological Chemistry Otto Folin,1916      **Laboratory manual of biological chemistry with supplement** Otto Folin,1916      A Manual on the Care and Handling of Electric Plants Norman Hugh Schneider,1903      **The Lithographers Manual** Raymond N. Blair,1983

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