

# Safety Quiz

## Safe Lifting

1. True  False  I only need to use safe lifting techniques when lifting items but not when putting them down.
2. The most important thing to remember when lifting is:
  - a. Tuck your pelvis
  - b. Bend your knees
  - c. Hug the load
  - d. Avoid twisting
  - e. All of the above
3. True  False  Most people can lift and carry any weight or size load so I shouldn't bother someone else by asking them to help me.
4. True  False  I can use my knees to brace myself against the side of a container for additional support when reaching into a bin.
5. True  False  Safe lifting keeps my back in alignment and lets my legs do the work, not my back.