

Training Test

This training test should be given to employees to certify that the employee has received and understands the training.

BACK SAFETY TEST

Name: _____

Date: _____

Test Given By: In Home Senior Services, Inc

Score: _____

1. T () F () Only a few Americans suffer from back injuries and pain during their lifetime.
 2. T () F () Back pain is rarely linked to off-the-job activities.
 3. T () F () Back pain can be caused by the natural aging of the discs.
 4. T () F () Back injuries are usually caused by just one incident.
 5. T () F () Discs can wear out from excessive twisting, turning, bending.
 6. T () F () Being overweight has little or no effect on the health of your back.
 7. T () F () Bending at the waist while you lift is safe as long as the object you lift weighs less than 10 pounds.
 8. T () F () Poor posture can actually cause back injuries.
 9. T () F () Sitting up puts less pressure on your back than reclining.
 10. T () F () High heels can actually change the alignment of your spine.
 11. T () F () Using mechanized lifting equipment is a good way to reduce the stress on your back.
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