



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



Integrity



Excellence



Community



Working Together



Learning Culture

Manual Handling Questions Multiple Choice

Sabine Zange

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Table of Contents Manual Handling Questions Multiple Choice

1. Understanding the eBook Manual Handling Questions Multiple Choice
 - The Rise of Digital Reading Manual Handling Questions Multiple Choice
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Handling Questions Multiple Choice
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Handling Questions Multiple Choice
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Handling Questions Multiple Choice
 - Personalized Recommendations
 - Manual Handling Questions Multiple Choice User Reviews and Ratings
 - Manual Handling Questions Multiple Choice and Bestseller Lists
5. Accessing Manual Handling Questions Multiple Choice Free and Paid eBooks
 - Manual Handling Questions Multiple Choice Public Domain eBooks
 - Manual Handling Questions Multiple Choice eBook Subscription Services
 - Manual Handling Questions Multiple Choice Budget-Friendly Options
6. Navigating Manual Handling Questions Multiple Choice eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Handling Questions Multiple Choice Compatibility with Devices
 - Manual Handling Questions Multiple Choice Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Handling Questions Multiple Choice
 - Highlighting and Note-Taking Manual Handling Questions Multiple Choice
 - Interactive Elements Manual Handling Questions Multiple Choice
8. Staying Engaged with Manual Handling Questions Multiple Choice

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Handling Questions Multiple Choice
9. Balancing eBooks and Physical Books Manual Handling Questions Multiple Choice
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Handling Questions Multiple Choice
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Manual Handling Questions Multiple Choice
- Setting Reading Goals Manual Handling Questions Multiple Choice
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Manual Handling Questions Multiple Choice
- Fact-Checking eBook Content of Manual Handling Questions Multiple Choice
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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