



# Safety Tips

A five minute training Series for PCOs.

## Reaching & Lifting Quiz

Name \_\_\_\_\_

Date \_\_\_\_\_

- |  | True                     | False                    |
|--|--------------------------|--------------------------|
| 1) When lifting while bending at the hips and lifting with the back muscles, it is a 10 to 1 lifting ratio.        | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) You should hold an object to be lifted as far from the body as possible when lifting it.                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) You should not reach and lift at the same time.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) When lifting properly, object close to the body, back straight and lift with legs, the lifting ratio is 1 to 1. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) When removing an object from you truck bed, first slide it to the edge of the vehicle, and then lift it.        | <input type="checkbox"/> | <input type="checkbox"/> |