



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 Test Paper

United States. Ships Bureau



Manual Handling Test Paper:

Manual of Seed Handling in Genebanks ,2006 An Examination Manual in Plane Geometry George Albert Wentworth,George Anthony Hill,1894 *Ship-to-shore Hose Handling Operations Manual* United States. Naval Facilities Engineering Command,1980 *Air Force Manual* United States. Department of the Air Force,1973 *Executive's Manual for Personnel Handling* Prentice-Hall, Inc,1964 Manual for Overhaul, Repair and Handling of U.S. Navy Mechanical, Boat and Deck Clocks, Seth Thomas Type, with Parts Catalog United States. Ships Bureau,1953 *Mathematical Tables* James Mills Peirce,1895 *The Modern Materials Handling Materials Handling Manual* ,1959 *The American Mathematical Monthly* Benjamin Franklin Finkel,1894 Includes section Recent publications American National Standard for Paper Used in Optical Character Recognition (OCR) Systems American National Standards Institute,1979 A Manual of the Typewriter ,1893 *The Canada Gazette* Canada,Canada. Royal Commission on the Law of Insanity as a Defence in Criminal Cases,1929 *Manual Training Magazine* ,1912 **Printing Industry** ,1983 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 A Manual of Drafting Instruments and Operations Samuel Edward Warren,1874 **Manual Descriptive of Competitive and Non-competitive Positions and Examination** ,1908 Plane and Spherical Trigonometry Henry Nathan Wheeler,1876 **Materials Handling News** ,1993 *Manual of Experimental Botany* Frank Owen Payne,1912

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