Back Injury Prevention Posttest

1. Your Spine is made up of 33 irregularly-shaped bones, called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, that are stacked on top of one another.
2. Vertebrae
3. Nerves
4. Lumbars
5. Discs
6. Which of these is not a personal risk factor that can cause back injuries?
7. Prior back pain
8. Lack of exercise
9. Smoking
10. Being underweight
11. People between the ages of \_\_\_\_\_\_\_\_\_\_ are at higher risk for disc-related disorders?
12. 13 and 21
13. 21 and 30
14. 30 and 60
15. 60 and 80
16. What causes most back injuries?
17. Poor posture
18. Improper lifting
19. Aging
20. Strenuous exercise
21. When lifting something, you should \_\_\_\_\_\_\_\_\_\_\_\_?
22. Keep you feet far apart and bend at the waist to reach and lift
23. Keep your legs straight with your feet together and bend at the waist to pick it up
24. Keep your feet together, bend at the knees and squat until you are level with the object
25. Keep your feet shoulder – width apart, bend at the knees and squat until you are level with the object.
26. It is easier and safer to pull a hand truck or pushcart than to push it.
27. True
28. False
29. You can minimize back problems by doing exercises that tone your back, hip and thigh muscles?
30. True
31. False
32. When sitting in front of a computer, you should do all of the following EXCEPT:
33. Sit up straight
34. Sit with your shoulders and hips aligned
35. Position the computer screen between 12-24 inches below eye level
36. Position your knees slightly higher than your hips
37. The key to lifting safely is keeping \_\_\_\_\_\_\_\_\_\_
38. Your back straight or slightly arched
39. Your back significantly arched
40. Your legs straight
41. Your head down
42. How should you carry a heavy object?
43. Close to your body
44. Several inches away from your body
45. Above your shoulders
46. Below your knees

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