| SAFETY MEETING QUIZ |
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| Name:  |  | Date: |  |
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| Safety Topic: | *V2-115 Driving Safety – Driver Ergonomics* |

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1. A common complaint reported by drivers is
	1. low blood pressure.
	2. difficulty breathing.
	3. lower back pain.
	4. hyperactivity.
2. The main cause of the pain and discomfort drivers experience may be attributed to
	1. poor posture.
	2. improperly adjusted seat.
	3. long periods of time in the same posture.
	4. any of the above.
3. When getting into a vehicle, slide into the seat and aim for a gap between the back of your knees and the front edge of the seat.
	1. 1-inch
	2. 2-3 finger
	3. 6-inch
	4. 1-foot
4. Leaning the car seat to reduces strain on your lower back.
	1. 45 degrees
	2. 90 degrees
	3. 100-110 degrees
	4. 180 degrees
5. You should remove your wallet from your back pocket when getting into the car to drive because the added pressure of something as small as a wallet can cause the low back, hips and pelvis to be uneven, which can cause back pain over time while driving.
	1. True
	2. False

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| ANSWER KEY |
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