| SAFETY MEETING QUIZ |
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| Name:  |  | Date: |  |
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| Safety Topic: | *V4-03 Office Safety – Lifting and Carrying* |

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1. Lifting, pushing, pulling, holding, carrying and throwing cause of all workplace injuries due to overexertion.
	1. less than 5%
	2. exactly 10%
	3. more than 20%
	4. 90%
2. There is an OSHA standard that says one person cannot lift more than 50 pounds at work.
	1. True
	2. False
3. When you are ready to perform the lift
	1. get as close as possible with your feet near the base of the load.
	2. position your body off-center from the load.
	3. stand with your feet together.
	4. bend at your waist.
4. Carrying loads creates uneven pressure on the spine.
	1. on one shoulder
	2. under an arm
	3. in one hand
	4. all of the above
5. To move heavy items
	1. ask a co-worker to add more things on top of a load you have already lifted.
	2. use a hand truck or dolly.
	3. jerk or snatch the load as you attempt to lift it.
	4. consider repacking boxes so they weigh even more.

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| ANSWER KEY |
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