1. There are 2 major components in the back. True or False
2. There are 31 pairs of nerves that extend out of the spinal cord. True or False
3. The muscles in the back help stabilize the spine. True or False
4. Years of neglect have little to do with back injuries. True or False
5. Herniated discs happen when the jelly-like fluid in the disc puts pressure on the nerves of the spinal cord. True or False
6. Overextension is the result of bending forward too far. True or False
7. Overflexion is the result of moving too fast for the muscles in the back to react. True or False
8. Pinched nerves are caused by problems with the alignment of the spine. True or False
9. When the muscle receives too many impulses from the nerves, it causes a sprain. True or False
10. The first step to proper lifting is to bend at the knees. True or False
11. When bending to pick an object up, focus on keeping the back straight. True or False
12. Keep feet about shoulder width apart when lifting and carrying an object. True or False
13. It is ok to lift an object without first bringing it close to the body. True or False
14. Always lift with the legs. True or False
15. Exercising does not help in maintaining a healthy back. True or False
16. The hip flexor is done by laying on the floor with the knees bent, then tightening the stomach and buttocks muscles to press the back against the ground. True or False
17. Maintaining proper weight reduces stress on the back. True or False
18. The proper posture when sitting is keeping the knees at a 90 degree angle, feet flat and sitting up straight. True or False
19. Standing is easier on the back than sitting. True or False
20. It is a good idea to stretch before work or exercise. True or False

I understand the information contained in this program and have passed the quiz regarding Back Safety.

Printed Name ___________________________ Signature ___________________________ Date ____________

Back Safety Program #07-001
www.osha-safety-training.net
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