

QUIZ

SAFE LIFTING

Name: _____

Date: _____

1. True or False?... Special exercises are required to develop a healthy S Curve.

True
 False

2. The spine is made up of 24 vertebrae.

True
 False

3. True or False?... You should be able to handle all lifting situations by yourself.

True
 False

4. True or False?... Lifting an object over your head is the simplest type of lift.

True
 False

5. You should prepare your route by removing obstructions.

True
 False