

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