



## 2016 MANUAL HANDLING QUIZ

### HAZARDOUS MANUAL HANDLING TASKS

Circle Correct  
Answer

1.	Only tasks that involve lifting heavy objects are considered hazardous manual tasks.	True	False
2.	Health workers have a legal responsibility to take reasonable care of their own health and safety.	True	False
3.	Applying repetitive, sustained, high or sudden force to perform manual tasks can cause musculoskeletal disorders.	True	False
4.	All manual task injuries are caused by the sudden application of a high amount of force.	True	False

### REDUCING THE RISK OF INJURY

1.	Tight working spaces can affect your risk of incurring a musculoskeletal disorder.	True	False
2.	Mechanical aids can be used to reduce the risk of injury by reducing the amount of force required from your body to perform a manual handling task.	True	False
3.	When undertaking a manual handling task it is important to assess the risk, eliminate the risk or reduce the risk associated with the task.	True	False
4.	If not sure how to perform a manual handling task safely you should request advice from your manager or supervisor.	True	False

### SAFE PRACTICES FOR PERFORMING MANUAL HANDLING TASKS

1.	When performing a task that requires pushing or pulling, it is better to push the load.	True	False
2.	When lifting you should always try to lift the load with your legs.	True	False
3.	Stretching your muscles before performing manual tasks and during breaks can help to reduce the risk of injury.	True	False
4.	When lifting a load, it is safe practice to assume a well-balanced position with your feet apart, facing the direction that you need to go.	True	False



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**East Grampians Health Service**