



## **Manual Handling at Work**

**1. Which one of the following is Not classified as a manual handling activity?**

- Throwing
- Pushing
- Carrying
- Pulling

**2. Which kind of injury is the most common when manual handling?**

- Broken limbs
- Sprains
- Headaches
- Musculoskeletal disorders

**3. To ensure maximum stability, how should you position your feet when lifting?**

- With your feet together
- One in front of the other
- With feet apart on tiptoes
- With your feet apart and flat on the floor

**4. When carrying a load, which one of the following would make it more difficult to handle?**

- If the load is in a square box
- If the load is stable
- If the load is heavier on one side
- If the load is in a sturdy container

**5. What is the optimum height for heavy objects that are being moved in and out storage?**

- Floor level
- Shoulder height
- Waist height
- Head height

# Hse Manual Handling Quiz

**JR Anderson**



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