



## **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

# Manual Handling Quiz Questions And Answers

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## **Manual Handling Quiz Questions And Answers:**

## **Manual Handling Quiz Questions And Answers** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Manual Handling Quiz Questions And Answers**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

<https://staging.conocer.cide.edu/data/Resources/HomePages/Love%20Systems%20Routines%20Manual%20Volume%20.pdf>

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