



## **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 Test Word Document

**United States. National Bureau of  
Standards**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the text box.

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integration with hands on Wireshark packet analysis and Cisco CLI configuration exercises Learn how to effectively work with IP addressing and subnetting for efficient network configuration Implement troubleshooting methodologies WHO THIS BOOK IS FOR This book is designed for individuals who aspire to pursue a rewarding career in network administration It caters to those who are interested in entering the field and aim to acquire the essential knowledge and skills necessary for success Additionally it serves as a valuable resource for emerging network support technicians who are currently working in or transitioning into this role

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*Naval Training Bulletin*, 1969

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an on line quiz for unit 19 In addition for lecturers only <http://textbooks.elsevier.com> has answers to the review questions in units 3 and 4 A Curriculum Support Pack by the same author is also available for purchase This pack offers an essential suite of teaching resource material and photocopiable handouts for the compulsory core units of the 2006 BTEC First Engineering schemes from Edexcel Full coverage is given to the common core units of the Certificate Diploma units 1 and 2 plus the additional compulsory units for Diploma students units 3 and 4 for all pathways Mike Tooley is formerly Vice Principal and Head of Faculty of Engineering at Brooklands College Surrey and is the author of many best selling engineering books

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