

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 Example Multiple Choice Questions

Rosina Ehmann

Manual Handling Example Multiple Choice Questions:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Manual Handling Example Multiple Choice Questions**

In a world inundated with monitors and the cacophony of instantaneous interaction, the profound power and mental resonance of verbal beauty often diminish into obscurity, eclipsed by the continuous assault of sound and distractions. However, located within the musical pages of **Manual Handling Example Multiple Choice Questions**, a captivating function of fictional elegance that impulses with natural thoughts, lies an unforgettable journey waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus instructions visitors on an emotional odyssey, softly revealing the latent potential and profound impact embedded within the complicated internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is main subjects, dissect their fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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