



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

Michael Brown

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

Manual Handling Quiz Questions:

Moodle 2+: The Quiz Engine , *Instructor's Manual* United States. Office of Civilian Defense,1942 *Instructor's Manual* United States. Office of Civilian Defense. Training Section,1942 *Clinical Skills in Nursing* Sally Glen,Maggie Nicol,1999-11-11 Today s nursing students spend little time on clinical placement in hospital wards where previous generations learned most of their skills This has led to concerns that newly qualified nurses are no longer being equipped with the necessary expertise to fulfil their professional role A number of different institutions in the UK have responded to this challenge Bringing together some of their experiences this book focuses on the central issues concerned with planning implementing and evaluating clinical skills teaching and learning *Station Paper* Northeastern Forest Experiment Station (Radnor, Pa.),1949 **Station Paper - Northeastern Forest Experiment Station** Northeastern Forest Experiment Station (Radnor, Pa.),1949 **Pesticide Applicator Training Materials** ,1991 **Aquaculture Training Manual** ,1990 *Telephony* ,1918 *Working on Health Communication* Nova Corcoran,2010-12-10 Good communication is at the heart of strategies for effective health promotion and public health At a time when lifestyle and preventable diseases are still on the rise practitioners are in need of the skills to deliver effective health messages to the right audience at the right time Responding to this demand Working on Health Communication provides a practical guide to the process of designing implementing and evaluating campaigns The book follows the campaign design process step by step It covers every stage from selecting theoretical models and identifying the message and target audience right through to running the campaign and evaluating its success Real life examples of actual campaigns are used throughout to show how theoretical ideas work in practice Working on Health Communication is ideal for students and practitioners in public health health promotion and other health related areas who are working on health campaigns *ARISE Kids Alert - Instructor's Manual* Edmund Benson,Susan Benson,2006 **Conference Leader's Manual ...** National Foremen's Institute,1945 **The Training Design Manual** Tony Bray,2006 This A to Z manual of instructional design for trainers of all experience levels guides users through a step by step process leading up to the launch of a successful training course *Preventing Accidents* Institute of Leadership & Management,2007-06-07 With forty well structured and easy to follow topics to choose from each workbook has a wide range of case studies questions and activities to meet both an individual or organization s training needs Whether studying for an ILM qualification or looking to enhance the skills of your employees Super Series provides essential solutions frameworks and techniques to support management and leadership development *Basic Radiological Defense Officer* United States. Defense Civil Preparedness Agency,1977 **Maintain Business Resources** Helen Burnie,2003 **Bibliographies and Literature of Agriculture** ,1978 **InfoWorld** ,1983-08-22 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects **Resources in education** ,1987-08 **Supervisors Safety Manual** National Safety Council,1956

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