



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

Chao Zhang

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, located to the right of the name bar.

Manual Handling Quiz:

Embracing the Song of Phrase: An Mental Symphony within **Manual Handling Quiz**

In a global consumed by monitors and the ceaseless chatter of instantaneous connection, the melodic beauty and emotional symphony produced by the prepared term often diminish in to the backdrop, eclipsed by the relentless sound and disruptions that permeate our lives. Nevertheless, situated within the pages of **Manual Handling Quiz** a charming literary treasure brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that captivating masterpiece conducts readers on a psychological trip, skillfully unraveling the hidden melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of the moving examination, we can investigate the book is central harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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