



Tailgate Topic - Five Question Quiz

[PP 03/05/2017 - 03/18/2017]

Lifting/Carrying/MH Lifting/Walking

1. Construction inspector's job specifications require them to occasionally carry loads greater than 25 lbs regardless of your assigned duties.

True ___ or False ___

2. When lifting a bulky package it is important to use your thigh and leg muscles and keep the load close to your body?

True ___ or False ___

3. If a heavy lifting job is a very common task the supervisor shall work with the Construction Inspector to use engineering controls to reduce worker injuries.

True ___ or False ___

4. Which of the following are administrative controls?

- ___ a) Pivoting with your feet and don't twist your back
- ___ b) Limiting physical requirements for lifting
- ___ c) Use a T-Lift
- ___ d) Have proper lifting technique
- ___ e) Ensuring that the path is clear

5. Important factors causing back injury include:

- ___ a) Frequency of lifting
- ___ b) Duration of lifting
- ___ c) Age, sex, body size
- ___ d) State of health
- ___ e) General physical fitness

PRINT EMPLOYEE NAME _____