Sore Back - Aching Feet

1. There are 24 bones (vertebrae) in your spine. What three things can cause a disc to become inflamed or deteriorate and become herniated?
   __ a ______________________
   __ b ______________________
   __ c ______________________

2. Beside proper planning and moving carefully what other method can be used to reduce back injuries when moving heavy objects?

   ______________________

3. Identify the whether the following are true or false
   __ a Each year 25% of all construction-related injuries are back injuries.
   __ b 80% of all foot injuries are caused by a object less than 30 lbs impacting the foot
   __ c 75% of foot injuries are a result of workers not in compliance with proper PPE
   __ d One half of all missed days from work are due to back injuries

4. What type of hazard will steel or composite safety footwear protect against?
   __ a Electrical current
   __ b Extreme cold
   __ c Falling and rolling objects
   __ d Slips, trips and falls

5. Leather safety boots can never be used for exposure to chemical or solvents.
   True ___ <> False ___