

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 ___