

## **Back & Lifting Safety for Seasonals and Volunteers**

Employees are required to receive a score of no less than 80% to pass and may take the quiz as often as needed to achieve a passing score.

1. What is your name? \_\_\_\_\_
2. Which park are you assigned to? \_\_\_\_\_

Circle your answer

3. Back pain is the most common physical complaint among American adults. (1 Point)
  - a. True
  - b. False
4. Which of these are symptoms of a back injury? (1 Point)
  - a. Persistent aching or stiffness along the spine.
  - b. Sharp, localized pain in the neck, upper back or lower back.
  - c. Chronic ache in the middle or lower back.
  - d. All the above.
5. Back injuries are always felt immediately. (1 Point)
  - a. True
  - b. False
6. Most injuries occur due to bad habits. Those bad habits are: (1 Point)
  - a. Improper lifting
  - b. Improper bending and stooping
  - c. Improper reaching
  - d. All the above

7. You should avoid lifting heavy objects that are lower than your knees. If you suspect the load is too heavy to be lifted comfortably, do not chance it, use a mechanical aid, break the load down into its component parts or get help. (1 Point)
- a. True
  - b. False
8. Lift with Your Legs, not Your Back. If you need to turn to the side, turn by moving your feet around and not by twisting at your stomach. (1 Point)
- a. True
  - b. False
9. Set the Load Down Slowly. Once you have reached your destination, it's equally important that the load is set down slowly. (1 Point)
- a. True
  - b. False
10. National Institute for Occupational Safety and Health (NIOSH) in the United States reviewed and evaluated the existing data related to back belts. Their final conclusions are:
- back belts should not be considered as personal protective equipment;
  - back belts should not be recommended for use in occupational situations.

NIOSH concerns led to the following conclusions:

- the use of back belts may produce some strain on the cardiovascular system;
- the use of back belts limits mobility and may reduce the suppleness and elasticity of muscles and tendons, potentially contributing to back injury;
- the use of back belts may create a false sense of security, increasing the risk of lifting excessive loads.

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11. With these recommendations in mind, Nevada State Parks does not provide back belts for employee use and DOES NOT recommend wearing back belts. (1 Point)

- a. True
- b. False

12. Keys to proper reaching include: (1 Point)

- a. Do not reach for an object unless you're sure you're strong enough to lift it.
- b. Use a step ladder to reach objects above shoulder height.
- c. Avoid awkward stretches while reaching.
- d. Avoid depending on structures to support you.
- e. All the above.

13. Numbness, tingling or loss of control in your arms or legs indicates an injury that should receive

14. medical attention. (1 Point)

- a. True
- b. False