

Back Safety Quiz - "Back in Action"

Author: David Martin

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4. Chapter: Back Safety Quiz - "Back in Action"

1. Back Safety Quiz - "Back in Action" Questions

4.1.1. How many subjects were in the video?

Author: David Martin

How many subjects were in the video?

Please choose only one answer:

- 1
- 2
- 3
- 4
- 0

Check the answer of this question online at [QuizOver.com](http://www.quizover.com):

Question: [How many subjects were in the video David Martin Back Safety Quiz](#)

Flashcards:

<http://www.quizover.com/flashcards/question-how-many-subjects-were-in-the-video-david-martin-back-safety?pdf=1505>

Interactive Question:

<http://www.quizover.com/question/question-how-many-subjects-were-in-the-video-david-martin-back-safety?pdf=1505>

4.1.2. Can you hurt your back while sitting?

Author: David Martin

Can you hurt your back while sitting?

Please choose only one answer:

- Maybe
- Yes
- No

Check the answer of this question online at QuizOver.com:

Question: [Can you hurt your back while sitting David Martin Safety Quiz -](#)

Flashcards:

<http://www.quizover.com/flashcards/question-can-you-hurt-your-back-while-sitting-david-martin-safety-quiz?pdf=1505>

Interactive Question:

<http://www.quizover.com/question/question-can-you-hurt-your-back-while-sitting-david-martin-safety-quiz?pdf=1505>

4.1.3. What are the three leading lifting factors associated with a back i...

Author: David Martin

What are the three leading lifting factors associated with a back injury?

Please choose only one answer:

- Attitude, Enthusiasm, and Following instructions
- Capacity, Duration, and Awkward positions
- Speedwalking, Jogging, Running
- Something else

Check the answer of this question online at QuizOver.com:

Question: [What are the three leading lifting factors David Martin Back Safety](#)

Flashcards:

<http://www.quizover.com/flashcards/question-what-are-the-three-leading-lifting-factors-david-martin-back?pdf=1505>

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4.1.4. The spine is naturally curved to what shape?

Author: David Martin

The spine is naturally curved to what shape?

Please choose only one answer:

- "P" shape
- "I" shape
- "Z" shape
- "S" shape

Check the answer of this question online at QuizOver.com:

Question: [The spine is naturally curved to what shape David Martin Back](#)

Flashcards:

<http://www.quizover.com/flashcards/question-the-spine-is-naturally-curved-to-what-shape-david-martin-back?pdf=1505>

Interactive Question:

<http://www.quizover.com/question/question-the-spine-is-naturally-curved-to-what-shape-david-martin-back?pdf=1505>

4.1.5. When in a hurry is it okay to use a hand truck on the stairs?

Author: David Martin

When in a hurry is it okay to use a hand truck on the stairs?

Please choose only one answer:

- Sure, as long as you keep the load in front of you on the way up or down.
- Sure, as long as you keep the load behind you on the way up or down.
- No, find a ramp or elevator if possible

Check the answer of this question online at QuizOver.com:

Question: [When in a hurry is it okay to use a hand David Martin Back Safety](#)

Flashcards:

<http://www.quizover.com/flashcards/question-when-in-a-hurry-is-it-okay-to-use-a-hand-david-martin-back-sa?pdf=1505>

Interactive Question:

<http://www.quizover.com/question/question-when-in-a-hurry-is-it-okay-to-use-a-hand-david-martin-back-sa?pdf=1505>

4.1.6. What is another name for a bulged disc ?

Author: David Martin

What is another name for a bulged disc ?

Please choose only one answer:

- Atrophied disc
- Morphed disc
- Floppy disc
- Herniated disc

Check the answer of this question online at QuizOver.com:

Question: [What is another name for a bulged disc David Martin Back Safety Quest](#)

Flashcards:

<http://www.quizover.com/flashcards/question-what-is-another-name-for-a-bulged-disc-david-martin-back-safe?pdf=1505>

Interactive Question:

<http://www.quizover.com/question/question-what-is-another-name-for-a-bulged-disc-david-martin-back-safe?pdf=1505>

4.1.7. How many workers injure their back each year?

Author: David Martin

How many workers injure their back each year?

Please choose only one answer:

- 1 million
- 50
- 25,000
- 5 million

Check the answer of this question online at QuizOver.com:

Question: [How many workers injure their back each David Martin Safety Quiz](#)

Flashcards:

<http://www.quizover.com/flashcards/question-how-many-workers-injure-their-back-each-david-martin-safety-q?pdf=1505>

Interactive Question:

<http://www.quizover.com/question/question-how-many-workers-injure-their-back-each-david-martin-safety-q?pdf=1505>

4.1.8. Do older people have more of a chance of injuring their back?

Author: David Martin

Do older people have more of a chance of injuring their back?

Please choose only one answer:

- Maybe
- Sometimes
- Yes
- No

Check the answer of this question online at QuizOver.com:

Question: [Do older people have more of a chance of David Martin Back Safety](#)

Flashcards:

<http://www.quizover.com/flashcards/question-do-older-people-have-more-of-a-chance-of-david-martin-back-sa?pdf=1505>

Interactive Question:

<http://www.quizover.com/question/question-do-older-people-have-more-of-a-chance-of-david-martin-back-sa?pdf=1505>

4.1.9. Does general fitness help prevent back injury?

Author: David Martin

Does general fitness help prevent back injury?

Please choose only one answer:

- No
- Yes

Check the answer of this question online at QuizOver.com:

Question: [Does general fitness help prevent back David Martin Safety Quiz -](#)

Flashcards:

<http://www.quizover.com/flashcards/question-does-general-fitness-help-prevent-back-david-martin-safety-qu?pdf=1505>

Interactive Question:

<http://www.quizover.com/question/question-does-general-fitness-help-prevent-back-david-martin-safety-qu?pdf=1505>

4.1.10. Before picking up a load what three things should you consider?

Author: David Martin

Before picking up a load what three things should you consider?

Please choose only one answer:

- Your mood, attitude and desire to lift
- Size of the load, make sure the area is free of clutter and check that your route is clear
- What's for Breakfast, Lunch, and Dinner

Check the answer of this question online at QuizOver.com:

Question: [Before picking up a load what three things David Martin Back Safety](#)

Flashcards:

<http://www.quizover.com/flashcards/question-before-picking-up-a-load-what-three-things-david-martin-back?pdf=1505>

Interactive Question:

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4.1.11. What muscles support the spine?

Author: David Martin

What muscles support the spine?

Please choose only one answer:

- Biceps
- Triceps
- Core muscles
- Quads

Check the answer of this question online at QuizOver.com:

Question: [What muscles support the spine David Martin Back Safety Quiz -](#)

Flashcards:

<http://www.quizover.com/flashcards/question-what-muscles-support-the-spine-david-martin-back-safety-quiz?pdf=1505>

Interactive Question:

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