SAFETY MEETING QUIZ	
Name:	**Date:**

Safety Topic: *V1-167 Materials Handling – Manual Lifting*

1. Lifting and carrying loads heavier than _____ as well as using an improper lifting technique greatly increase the risk of injury.

    a. 1 box

    b. 15 kilograms

    c. 25 units

    d. 50 pounds

2. If the load you are lifting is too heavy, then try to jerk or snatch the load as you lift.

    a. True

    b. False

3. When you pick up or set down a load, don't reach more than _____ away from your body.

    a. 10 inches

    b. half a foot

    c. 5 centimeters

    d. a few inches

4. On jobs where manual lifting is often required

    a. use a hand truck, pallet jack, or forklift to lift and transport heavier items.

    b. have the materials delivered close to where they will be used, if possible.

    c. when lifting one load that is heavier than 50 pounds, use at least two people for the lift.

    d. all of the above.

5. Do <u>not</u> ask a co-worker to add more items on top of something else you have already lifted.

    a. True

    b. False

SAFETY MEETING QUIZ
ANSWER KEY
Safety Topic: *V1-167 Materials Handling – Manual Lifting*

1. Lifting and carrying loads heavier than _____ as well as using an improper lifting technique greatly increase the risk of injury.
    a. 1 box
    b. 15 kilograms
    c. 25 units
    d. 50 pounds

2. If the load you are lifting is too heavy, then try to jerk or snatch the load as you lift.
    a. True
    b. False

3. When you pick up or set down a load, don't reach more than _____ away from your body.
    a. 10 inches
    b. half a foot
    c. 5 centimeters
    d. a few inches

4. On jobs where manual lifting is often required
    a. use a hand truck, pallet jack, or forklift to lift and transport heavier items.
    b. have the materials delivered close to where they will be used, if possible.
    c. when lifting one load that is heavier than 50 pounds, use at least two people for the lift.
    d. all of the above.

5. Do <u>not</u> ask a co-worker to add more items on top of something else you have already lifted.
    a. True
    b. False