Training
Assessment
Preventing Strains & Sprains

Test
Participants must successfully answer 3 of 5 items below:

True or False

1. One of the many causes of strains and sprains is lifting heavy objects. True

2. When carrying heavy loads, you should twist at the hips and back. False

Multiple Choice

3. What causes strains and sprains?
   a. Hard floor surfaces
   b. Repetitive tasks
   c. Overreaching
   d. All of the above

4. Which of the following is not a prevention method for strains and sprains?
   a. Use the same working position throughout the day
   b. Keep stacks of plates or boxes below eye level
   c. Lift with your legs
   d. Sort items on food tray

5. What can you do to prevent strains and sprains?
   a. Take body relaxation breaks
   b. Get help with heavy items
   c. Wear shoes with good cushioning
   d. All of the above