Test
Participants must successfully answer 3 of 5 items below:

True or False

1. Participating in a regular exercise program will help reduce your risk of back injury. True

2. Having good posture means slumping over whenever you are tired. False

Multiple Choice

3. You should seek assistance with lifting when:
   a. The load is greater than 50 pounds
   b. The load is too large or bulky
   c. You don’t feel comfortable lifting something by yourself
   d. All of the above

4. Which of the following will not help reduce low back fatigue when standing for long periods of time?
   a. Stagger your stance
   b. Place your foot on a stool or ledge
   c. Change your position frequently
   d. Lock your knees

5. Which of the following is not a rule of material handling?
   a. Use your legs to lift, not your back
   b. Avoid twisting, pivot your feet instead
   c. **Bend over to reach loads on the floor**
   d. Keep things as close to you as possible