

Back Safety

Employee Name:

1. There are 31 pairs of nerves that extend out of the spinal cord. **T / F**
2. The muscles in the back help stabilize the spine. **T / F**
3. Pinched nerves are caused by problems with the alignment of the spine. **T / F**
4. The first step to proper lifting is to bend at the knees. **T / F**
5. When bending to pick an object up, focus on keeping the back straight. **T / F**
6. Keep feet about shoulder width apart when lifting and carrying an object. **T / F**
7. It is ok to lift an object without first bringing it close to the body. **T / F**
8. Always lift with the legs. **T / F**
9. Maintaining proper weight reduces stress on the back. **T / F**
10. It is a good idea to stretch before work or exercise. **T / F**