



GREAT TURF BUT  
SAFETY FIRST!



Questions? [mickey@mccordgolf.com](mailto:mickey@mccordgolf.com) | 919-345-5831

## Back Safety and Proper Lifting -- Review Quiz

Name \_\_\_\_\_ Date \_\_\_\_\_

Answer the following questions by circling T if the statement is true, and F if the statement is false.

- 1- Back injuries are considered the #1 workplace safety problem. T F
- 2- There is no reason to worry about small things that I do often. T F
- 3- You should assess the situation before attempting to lift a heavy object. T F
- 4- Keep your legs straight and bend over to pick up a heavy load. T F
- 5- Do not twist your body while picking up or setting down a heavy object. T F
- 6- You should follow the same lifting rules when setting something down. T F
- 7- Good posture; neck straight and shoulders back, is important to overall back health. T F
- 8- If you're wearing a back support you can't injure your back. T F
- 9- Use a handcart or ask for help if something is too heavy for you to lift by yourself. T F
- 10- A back injury can result in a lifelong disability. T F

Answer key:

1- T

2- F

3- T

4- F

5- T

6- T

7- T

8- F

9- T

10-T