

**PRINCIPLES FOR PROPER BODY MECHANICS POST TEST**

**(Please answer the following questions by circling the correct response)**

This is the post test for the Body Mechanics Inservice. Please circle the best answer to complete this portion of the required inservices.

1. To get your job done more efficiently, you should twist as far as possible while reaching for small objects.

True or False

2. Reaching too high overhead may cause increased arch in neck & low back and may cause damage and irritation of facet joint and ligaments.

True or False

3. When you have a choice in moving an object, you should (\_\_\_\_\_)  
whenever possible. This will help you keep your body in more neutral posture.

a. Push

b. Pull

4. Lifting items out away from your body creates less of a compression load on your back than lifting items close to your body.

True or False

5. Quick, jerky movements are better for you when lifting or moving objects, because it causes less fatigue and wear and tear on your body.

True or False

6. Sometimes a towel roll in lumbar area and under posterior hips can help maintain improved curves of spine when sitting.

True or False

7. Moving your feet and keeping your arm closer to your side while mopping or sweeping, helps to keep you from bending and twisting.

True or False

8. Lifting very heavy objects is usually the #1 cause of back injuries, especially disc injuries.

True or False

9. You should always try lifting items by yourself, because a partner may make you lose your balance.

True or False

10. Having chairs and work surface heights adjusted correctly are important factors in preventing fatigue and repetitive use injuries.

True or False

**ACKNOWLEDGMENT STATEMENT** By signing this completed evaluation, I acknowledge having received my training on Principles for Proper Body Mechanics. I understand that it is MY responsibility to read the Self-Study Guide and answer the evaluation questions on MY own.

\_\_\_\_\_  
Printed Employee Name

\_\_\_\_\_  
Department

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date