

WHAT DO YOU KNOW ABOUT SAFETY?

Ready to test your back safety skills? Answer the following questions by circling "T" for true or "F" for false to determine your level of back safety savvy.

Workplace Injury	T	F	Employees suffer from back-pain more than any other affliction.
	T	F	Back pain is the top reason employees miss work.
	T	F	The leading cause of disability among adults is back problems.
	T	F	Back injuries don't cost as much to treat as other injuries.
Personal Risk	T	F	There are warning signs for "back attacks."
	T	F	Pain is good for you - it builds strength and character.
	T	F	If you haven't had problems before, you're not at risk.
	T	F	Back pain is an inevitable part of aging.
	T	F	Back pain is common – it doesn't mean you're seriously injured.
	T	F	Increasing pain is a sign that your illness is getting worse.
	T	F	Men should not lift more than 37 pounds.
	T	F	Women should not lift more than 28 pounds.
Ergonomics	T	F	Always carry loads close to your upper body.
	T	F	Use the same techniques to pick-up and set-down heavy loads.
	T	F	Reaching outward relieves stress on your lower back.
	T	F	Always lift with your legs.
	T	F	How I work at home can also affect my back.
	T	F	It's better to lift a heavy object by yourself than to ask for help.
	T	F	It's best to bend at the waist when lifting.
	T	F	Squatting to pick up items is bad for your back.
	T	F	There is no right way to lift.
	T	F	It's best to turn at the waist instead of twisting the entire body.
Back Belts	T	F	Back belts can cause muscle weakness if worn too tight.
	T	F	Back belts provide support to the back.
	T	F	Back belts make you stronger.
	T	F	People in good shape are at a lesser risk for back problems.

Answer Key: Back Safety

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