Name: _____

Test Questions:

Date: _____

1. What major disadvantage do humans experience due to walking upright, rather than on all fours?
   A) Vision problems
   B) A demonstrated lack of angular rigidity
   C) Upper body stresses are concentrated at the base of the spine
   D) All of the above

2. Which of the following can increase the possibility of back problems by putting greater strain on your back?
   A) Poor posture
   B) Lack of exercise
   C) Overeating
   D) All of the above

3. If you need to change direction when lifting or carrying, you should:
   A) Pivot your feet when turning in the direction you need to go
   B) Twist the upper part of your body
   C) Use hand signals before turning
   D) All of the above
   E) None of the above

4. When you need to lift something you should;
   A) Bend at the waist and extend your arms as far in front of you as possible
   B) Bend at the knees and let your strong leg muscles do the majority of the work
   C) Keep the load as close to your body as possible
   D) All of the above
   E) B and C

5. In your own words; why is it important to do stretching or warm-up exercises before lifting?

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