



Manual Handling Assessment

Name: _____ Date: ____/____/____

Signature: _____

Q1 If you do not have a license to use a forklift, you can still use it as long as your supervisor tells you to.

- True
- False

Q2 To lift safely squat down, secure load close to your body and straighten up using your thighs.

- True
- False

Q3 Once you want to lower the load bend forward and set it down.

- True
- False

Q4 When pushing or pulling an object you should always face away from the object.

- True
- False

Q5 Different types of lifting you may encounter on the job include the following EXCEPT:

- Individual lifting
- Competitive lifting
- Team lifting
- Mechanical lifting

Q6 When you are doing a team lift you should:

- Use communication
- Know where you are going
- Establish emergency commands
- All of the above