

Manual Handling Answer sheet

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