



Proper Body Mechanics

TEST YOUR KNOWLEDGE

1. Proper body mechanics is important to practice both at work and at home.
 a. True
 b. False
2. Without a _____, your everyday tasks and movements such as sitting up straight, walking, and moving around can become extremely difficult or painful.
 a. Long spine
 b. Straight spine
 c. Healthy Spine
3. You should avoid putting your body in awkward positions.
 a. True
 b. False
4. If objects are too heavy to lift or push, you should _____.
 a. Tell yourself you can do it.
 b. Just leave it there and forget about doing the task.
 c. Inform your supervisor or ask for help.
5. When lifting loads, you should use your leg muscles instead of your _____.
 a. Arms
 b. Back
 c. Legs
6. When standing, you should _____.
 a. Keep your legs slightly bent/unlocked.
 b. Maintain a neutral spine.
 c. Wear comfortable shoes.
 d. All of the above.
7. Poor technique can lead to pain in your lower back, shoulder, and neck, and could create knee problems, to name a few, which can affect your quality of life.
 a. True
 b. False

Name: _____ Site: _____

Date: _____