



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: _____