



## **Manual Handling at Work**

**1. Which one of the following is Not classified as a manual handling activity?**

- Throwing
- Pushing
- Carrying
- Pulling

**2. Which kind of injury is the most common when manual handling?**

- Broken limbs
- Sprains
- Headaches
- Musculoskeletal disorders

**3. To ensure maximum stability, how should you position your feet when lifting?**

- With your feet together
- One in front of the other
- With feet apart on tiptoes
- With your feet apart and flat on the floor

**4. When carrying a load, which one of the following would make it more difficult to handle?**

- If the load is in a square box
- If the load is stable
- If the load is heavier on one side
- If the load is in a sturdy container

**5. What is the optimum height for heavy objects that are being moved in and out storage?**

- Floor level
- Shoulder height
- Waist height
- Head height

# Manual Handling Questions Multiple Choice Examples

**John M. Keever**



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*The Cornell Manual for Lifeboatmen, Able Seamen, and Qualified Members of Engine Department* John M. Keever, 2009-07-06 The Cornell Manual was first published in 1984 to replace CG 176 a small handbook issued by the U S Coast Guard Over the last two decades it has become a standard manual for those who choose to follow the sea and who want to prepare themselves for the Coast Guard examinations The second edition of the manual has been updated to reflect current information and procedures and includes for the various rating requirements for documents The Cornell Manual describes safety practices lifeboat operation survival procedures rescue and

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**Police Sergeants Manual** Blye W. Gocke,1955     *Executive's Manual for Personnel Handling* Prentice-Hall, Inc,1966

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