



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 Test Questions

L Darling-Hammond

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Manual Handling Test Questions:

Enjoying the Tune of Appearance: An Mental Symphony within **Manual Handling Test Questions**

In a global used by displays and the ceaseless chatter of immediate communication, the melodic splendor and mental symphony produced by the written term frequently fade in to the background, eclipsed by the persistent noise and interruptions that permeate our lives. However, located within the pages of **Manual Handling Test Questions** an enchanting fictional treasure filled with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this captivating masterpiece conducts readers on a psychological journey, skillfully unraveling the hidden melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of this moving evaluation, we shall investigate the book is central harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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