NBWA SAFETY TRAINING VIDEO
SAFE POSTURES AND ERGONOMICS

Name: _____________________________________________________
Date: _____________________________________________________

Please either circle correct answer or complete the sentence.

1. Most lifting related injuries occur
   a. As a result of one single action or improper motion
   b. As a result of many, cumulative incidents that finally result in discomfort, then pain, then injury
   c. All of the above

2. At the first sign of discomfort
   a. Wait for a few days or a week to see if discomfort actually continues
   b. Talk with your supervisor about your symptoms and see if you can come up with a solution that works
   c. All of the above

3. One of the most important and often overlooked thing you can do to reduce your risk of injury is ______________________________.

4. Bend your ____________, not your back.

5. When you lift anything
   a. Get a wide base for balance and stagger your feet slightly for better balance
   b. Hold the item a full arm’s length away from your body to reduce stress on your back
   c. All of the above

6. Always bring/pull product into the “Power Zone.” The “Power Zone” is the area of the body between
   a. Chest and mid-thigh
   b. Neck and knee
   c. All of the above

7. Lift with your _________________. The muscles found in this area are the strongest muscles in the entire body.

8. When climbing in or out of your truck, always use 3 points of contact
   a. Two hands and one foot
   b. One hand and two feet
   c. All of the above

_____________________________________
Employee Signature