

**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