

**NBWA SAFETY TRAINING VIDEO
SAFE POSTURES AND ERGONOMICS**

Name: NBWA Answer Key
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 stretching.

4. Bend your legs, not your back. (or Knees)

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 legs. 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

Answer Key
Employee Signature