

## Workplace Injury Prevention Quiz

1. Use non-slip safety mats in areas that may get wet - such as building entrances.
  - a. True
  - b. False
2. The most effective strategy to reduce the risks from slips is practicing good housekeeping whenever a slip hazard is present.
  - a. True
  - b. False
3. To avoid creating a trip hazard, maintenance staff should try to perform certain tasks when the building is unoccupied.
  - a. True
  - b. False
4. If you need to access a location beyond your reach, always call your custodial or maintenance staff for assistance.
  - a. True
  - b. False
5. Back injuries can be easily prevented.
  - a. True
  - b. False
6. Poor posture cannot lead to back injury.
  - a. True
  - b. False
7. The cardinal rule of lifting is: Lift with your back, not with your legs.
  - a. True
  - b. False
8. All back injuries can be cured with rest and an ice bag.
  - a. True
  - b. False
9. Back belts do not decrease the risk of back injury.
  - a. True
  - b. False
10. The Partial Squat Lift should be used for large objects.
  - a. True
  - b. False

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Employee Signature

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Date

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Employee Name (Print)