

Name:

Date:

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# Manual Handling Quiz

Answer each question by circling the correct option to test your manual handling knowledge.

- 1. Which of the following is not a manual handling activity?**
  - A. Picking up a box
  - B. Putting down a box
  - C. Walking towards a box
  - D. Carrying a box
- 2. What does TILE stand for in manual handling?**
  - A. Task, Individual, Load, Environment
  - B. Try, Inserting, Lifting, Extremes
  - C. Test, Invest, Load, Excess
  - D. Trust, Instinct, Life, Experience
- 3. You should avoid manual handling wherever possible?**
  - A. True
  - B. False
- 4. You should always look \_\_\_\_\_ when manual handling.**
  - A. At the load
  - B. Down
  - C. Behind
  - D. Ahead
- 5. What is the best way to reduce the risks from manual handling?**
  - A. Manage
  - B. Eliminate
  - C. Team lifting
  - D. Mechanisation
- 6. Manual handling is always safe if a load is under 25kg?**
  - A. True
  - B. False
- 7. What should you not do when manual handling?**
  - A. Stoop
  - B. Flex your hips
  - C. Bend your knees
  - D. Stand with your feet apart
- 8. At what height should you carry a load when manual handling?**
  - A. Knee height
  - B. Waist height
  - C. Chest height
  - D. Neck height
- 9. Manual handling is responsible for over a third of workplace injuries?**
  - A. True
  - B. False
- 10. What is the main health and safety regulation for manual handling?**
  - A. The health and safety at work etc. act
  - B. The management of health and safety at work regulations
  - C. The manual handling operations regulations
  - D. The lifting and carrying regulations

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## Answers

Use this page to check if you got the answers correct in the quiz.

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