

MANUAL HANDLING ASSESSMENT

Name:		Position:	
Company:		Date:	
Read the questions carefully and print your answers clearly and legibly. Check the box that has the correct answer.			
Question 1.			
The muscles of which part of the body are the best to lift a load from the ground with?			
<input type="checkbox"/>	Back		



SAMPLE

ORDER NOW AND GET FULL ACCESS

<input type="checkbox"/>	Drop it and hope it does not land on your foot.
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Question 6.

How should your back be positioned when lifting an object?



SAMPLE

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Question 6

A big person can always lift more than a smaller person.

True ☐ False ☐

Question 7

You should never lift with your back.

True ☐ False ☐

Question 8

When two or more people are lifting an object, what is an important thing that they should do first?

Assessment Completed By:

Signature:

Date: