

1. In general, which is less stressful to the body:
 - a. Pulling an object.
 - b. Pushing an object.**

2. Lower back strain will be minimized when:
 - a. The direction of the force is close to the waist.**
 - b. The direction of the force is close to the shoulders.

3. In terms of stress on the back, bending over at the waist to pick up a pencil, is equal to standing straight and holding a box that equals how many pounds?
 - a. 20 pounds b. 40 pounds c. 60 pounds **d. 80 pounds**

4. When doing repetitive work with the hands using force, it is best to;
 - a. **Keep the wrist slightly bent.**
 - b. Keep the wrist straight.

5. Of the 2 pictures: CIRCLE the 1 picture which show the best way to lift or hold an object to minimize strain on back. Put an "X" through the 2nd pictures which causes the MOST strain on back.



A.



B.

6. Of the 2 pictures: CIRCLE the 1 picture which show the best way to lift or hold an object to minimize strain on back. Put an "X" through the 2nd picture which causes the MOST strain on back.



A.



B.

7. CIRCLE the person whose hand position is causing less strain on the back?



A. Woman on left

B. Man on right

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