**MOVE IT SAFELY:**
***Avoiding Injury While Moving Materials***
**REVIEW QUIZ**

**Name_____Date_____**

***Please provide answers to the following to show how well you understand the information presented during this program.***

1. If a load is too heavy to lift alone, you should seek help from a co-worker or use an appropriate material handling device.
a. true
b. false

2. When determining a safe path of travel, which of the following items must be considered?
a. slip and trip hazards
b. overhead objects
c. fixed objects
d. all of the above

3. Which of the following is a way to avoid twisting while lifting?
a. stand on one foot
b. only lift while kneeling
c. shuffle and pivot your feet

4. When loading a hand truck, the heaviest items should be placed on top.
a. true
b. false

5. You should push a loaded hand truck rather than pulling it.
a. true
c. false

6. Accessing the lower level of a cart requires bending at the waist.
a. true
b. false

7. Pallets should be stored on their sides to save space.
a. true
b. false

## *ANSWERS TO THE REVIEW QUESTIONS*

1. a
2. d
3. c
4. b
5. a
6. b
7. b