

## Manual Handling

**Q1. How Should Loads Be Carried?**

- a) Near to your body
- b) At arms length
- c) Shoulder width at 10cm
- c) It doesn't Matter

**Q2. Which of the following, are normally the stronger Muscles in The Human Body?**

- a) Arms
- b) Back
- c) Neck
- d) Legs

**Q3. What do you need to consider before moving a load?**

**Q4. What Dangers are there in moving glass bottles?**

**Q5. How can you safely move a beer barrel? – What precautions should you take?**

**Q6. If you are asked to move a heavy load by yourself what should you do?**

**Q7. List four injuries you might get from Manual Handling**

- 1)
- 2)
- 3)
- 4)

**Q8. Name one aid to Manual Handling**

**Q9. List two things to be considered when lifting in pairs?**

**Q10. What actions would you take if an injury from manual handling occurs?**