

Please circle the correct answer, True or False, for the following questions:

- True False** 1. Injury prevention includes being aware of those tasks which cause us to develop aches, pain, weakness, stiffness and/or numbness.

- True False** 2. A good standing position is when your neck is bent past your shoulders.

- True False** 3. Possible injury risks include: lifting something that is too heavy, having your body bent over or twisted and being in one position for too long.

- True False** 4. Tightening your stomach muscles while moving and lifting will help protect your back.

- True False** 5. Positioning your feet with one foot in front of the other is called a staggered stance and will provide you and your patient with better balance.

- True False** 6. To lift safely, keep the load close to your body, have your feet wide apart and bend through your hips and your knees.

- True False** 7. Rates of musculoskeletal injuries in healthcare occupations are among the highest of all the industries.

- True False** 8. Change your position and your tasks often to prevent your muscles from getting tired and sore.

- True False** 9. Twisting puts stress on your back, especially when lifting. Keep your feet, knees and nose facing the same direction to decrease the risk of back strain.

- True False** 10. With regards to client handling, lifting a load that is 65 pounds or less is a safe amount.

Acknowledgement of Training

I have completed the SCHIPP Quiz.

Participant's Name: _____	Date: _____
Please Print Name and Sign	
Facilitator's Name: _____	Date: _____
Please Print Name and Sign	