



Year 11 Transition Construction Manual Handling

1. What is the kinetic lifting technique?
2. What is the recommended maximum weight a person can lift on average?
3. What can you do to avoid injury from lifting?
4. What mechanical or manual lifting aids can you think of to assist you moving bricks?
5. What does team lifting mean?
6. Why should risks be assessed before handling items?
7. List five important handling techniques
8. Name three types of injury caused by poor manual handling

To lift a load, you should always try to:

- A: Stand with your feet together when lifting
- B: Bend your back when lifting
- C: Carry the load away from your body, at arms length
- D: Divide large loads into smaller loads

You need to lift a load from the floor. You should stand with your:

- A: Feet together, legs straight
- B: Feet together, knees bent
- C: Feet slightly apart, knees bent
- D: Feet wide apart, legs straight

You have been told how to lift a heavy load, but you think there is a better way to do it. What should you do?

- A: Ignore what you have been told and do it your way
- B: Ask your workmates to decide which way you should do it
- C: Discuss your idea with your supervisor
- D: Forget your idea and do it the way you have been told

To lift a load safely, you need to think about:

- A: Its size and condition
- B: Its weight
- C: Whether it has handholds
- D: All of the other answers

When you lift a load manually, you must:

- A: Keep your back straight and use the strength in your leg muscles to lift
- B: Make sure there are always two people to lift the load
- C: Use a crane or another lifting device to pick up the load
- D: Move the load as quickly as possible

You need to move a heavy load over a long distance. What is the safest way to do it?

- A: Pick up the load and run all the way
- B: Tie a rope around the load and pull it
- C: Roll it end-over all the way
- D: Use a wheelbarrow or trolley

Your job involves some manual handling. An old injury means that you have a weak back. What should you do?

- A: Tell your supervisor you can lift anything
- B: Tell your supervisor that lifting might be a problem
- C: Try lifting then tell your supervisor about your back
- D: Tell your supervisor about your back again if it gets injured again.

If you have to twist or turn your body when you lift and place a load, it means:

- A: The weight you can lift safely is less than usual
- B: The weight you can lift safely is more than usual
- C: Nothing, you can lift the same weight as usual
- D: You must wear a back brace

You need to move a load that might be too heavy for you. What should you do?

- A: Divide the load into smaller loads if possible
- B: Get someone to help you
- C: Use an aid, such as a trolley or wheelbarrow
- D: All of the other answers

You have to lift a heavy load. What must your employer do?

- A: Make sure your supervisor is there to advise while you lift
- B: Do a risk assessment of the task
- C: Nothing, it is part of your job to lift loads
- D: Watch while you lift loads

You need to lift a load that is not heavy, but it is so big that you cannot see in front of you. What should you do?

- A: Ask someone to help carry the load so that you can both see ahead
- B: Get someone to walk next to you and give directions
- C: Get someone to walk in front of you and tell others to get out of the way
- D: Move the load on your own because it is so large that anyone in your way is sure to see it

You need to move a load that is heavier on one side than the other. How should you pick it up?

- A: With the heavy side towards you
- B: With the heavy side away from you
- C: With the heavy side on your strong arm

D: With the heavy side on your weak arm

Someone is going to help you lift a load. It is important that both of you:

- A: Work for the same employer
- B: Are about the same size and can lift the same weight
- C: Are about the same age
- D: Are right-handed (or both left-handed)

You need to reach above your head and lower the load to the floor. Which of these is not true?

- A: It will be more difficult to keep your back straight and chin tucked in.
- B: You will put extra stress on your arms and your back
- C: You can safely handle more weight than usual
- D: The load will be more difficult to control

Which part of your body is most likely to be injured if you lift heavy loads?

- A: Your knees
- B: Your back
- C: Your shoulders
- D: Your elbows

Who should decide what weight you can lift safely?

- A: You
- B: Your supervisor
- C: Your employer
- D: The Health and Safety Executive

What is the safest way to find out if a load is too heavy to lift?

- A: Pick it up quickly then put it down again
- B: Walk round the load, and look at it from all sides
- C: Find out the weight of the load
- D: See if you can hold the load at arm's length

Under the regulations for manual handling, all employees must:

- A: Wear back-support belts when lifting anything
- B: Make a list of all the heavy things they have to carry
- C: Lift any size of load once the risk assessment has been done
- D: Make full use of their employer's safe systems of work