**Manual Handling**

1. What should you do if you need to move items, which are too heavy to carry in a single load?

* Try to find a lifting aid such as a wheelbarrow or trolley
* Divide the items and move them in smaller loads
* Ask your colleagues to help you
* All of the above

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| Explain your answer |

1. Which of these should you stop and think about before attempting to lift a load?

* The best way of gripping the load
* The size and shape of the load
* The weight of the load
* All of the above

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| Explain your answer |

1. What should you do if you need to carry a load down a steep slope?

* Stop and assess if it's safe to carry the item/s down the slope
* Roll the item/s down the slope
* Place the item/s on your shoulders and take it down
* Place the item/s on your shoulder and run down the slope to finish quickly

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| Explain your answer |

1. Which part of the body are you most likely to injure if you lift heavy loads?

* Your knees
* Your legs
* Your neck
* Your back

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| Explain your answer |

1. Is using a wheelbarrow to carry a load considered manual handling?

* Yes, you are still handling the load manually
* Yes, but only if you need to place items in and out of the wheelbarrow
* No, unless the wheelbarrow gets a flat tyre
* No, all the weight of the load is carried by the wheelbarrow

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| Explain your answer |

1. What should you do if a load is too heavy for you to move on your own, there are no colleagues around to help you, and the load cannot be divided into smaller parts?

* Use a fork-lift truck even though you're not trained to use one
* Place the load on your shoulders and carry it quickly to avoid injury
* Do not attempt to move the load unless you find a safe way of moving it
* Drag the load on the ground

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| Explain your answer |