

MANUAL HANDLING

INDIVIDUAL PRACTICAL LIFTS ASSESSMENT SHEET

Participants Name: (IN BLOCK CAPITALS)	
Date:	

TYPE OF LIFT	COMPETENT	NOT COMPETENT	INSTRUCTOR REMARKS
GROUND LIFT			
BENCH LIFT			
PUSHING			
PULLING			
LIFTING TO &FROM A HEIGHT			
LIFTING OF A BAG / SACK (IF APPROPRIATE)			
TEAM LIFT (2 PERSONS)			

Instructors Name: (IN BLOCK CAPITALS)	
Instructors Signature:	

MANUAL HANDLING - POST COURSE WRITTEN ASSESSMENT

Place a ✓ tick mark in answer boxes, or fill in answers as appropriate

80% required to achieve a pass mark in this section

PARTICIPANTS NAME: (IN BLOCK CAPITALS)	
Date:	

1) What is the first thing to do before lifting anything?

- (a) Bend your knees (b) Straighten your back (c) Assess the area, task & load

2) When lifting, your knees should be

- (a) Straight (b) Bent (c) Neither

3) When lifting an object you should hold it

- (a) 6 inches from the body (b) A foot from the body (c) As close as possible to the body

4) When lifting an object you should turn by

- (a) Twisting the spine (b) Using your feet

5) The term 'straight back' when referring to proper manual handling techniques means:

- (a) S-shaped spine (b) Bent Spine

6) Fill in the blank

The spinal _____ act like shock absorbers between each pair of vertebrae.

7) Good standing posture can be described as what?

- (a) Ear over shoulder, over hip, knee and ankle
(b) Straight back with head tilted upwards
(c) Head & shoulders leaning forward in the direction you are facing

8) Good posture and stretching are important to reduce the risk of injury, aches, pains & tiredness. Who should stretch and when?

- (a) People lifting heavy objects
(b) People who are unfit/injured should stretch when they feel pain
(c) Everyone should stretch before, during and after activity

9) Fill in the blank:

Most of the power for lifting should come from your _____.

10) What is meant by the acronym T.I.L.E

Instructors Name: (IN BLOCK CAPITALS)	
Instructors Signature:	Mark %