

Name: \_\_\_\_\_ Department: \_\_\_\_\_ Date: \_\_\_\_\_  
Email Address: \_\_\_\_\_

## **Back Safety Post Test**

1. What industry has the highest incident of back injuries? \_\_\_\_\_
2. What are three causes of back injuries? \_\_\_\_\_
3. What are three rules of good body mechanics? \_\_\_\_\_
4. Is better to push or pull? \_\_\_\_\_
5. Give three rules of good body mechanics.

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