# OSHA: Manual Material Handling Questions and Answers | Latest Version | 2024/2025 | Already Passed

\*\*Arrange the following tasks in the correct order for a safe lift. \*\*

√ Stand close to the object with feet shoulder-width apart and staggered.

Slowly bend your knees while keeping your back straight.

- Firmly grasp the object with both hands.

Hold the load close to your body between shoulder and waist height.

Lift slowly using your leg muscles.

\*\*What behavior increases the risk of back injuries when lifting objects?\*\*

✓ - Bending at the waist

- Twisting to reach for an object

Turning while holding a load

\*\*What type of footwear should be worn when moving heavy or bulky loads to prevent foot injuries?\*\*

√ ✓ Steel-toed shoes or boots

# **Common Manual Handling Questions And Answers**

**James Roswell Gallagher** 

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