

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

Julia Schneider



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