This quiz consists of questions carefully designed to help assessment of your comprehension of the information presented in the SOP. The quiz is made up of questions, multiple-choice or "true or false" format.

1. Give two (2) examples of adequate resources that can be provided to minimize risk.

2. Name three (3) hazards that can cause harm during manual handling.

3. Select the correct manual handling techniques from the images below.

4. During team handling, all members of team-lift are matched in size, skills and capabilities.

   [True]  [False]

5. Ensure that all employees have undertaken training for manual handling.

   [True]  [False]

6. Are there any facets of the SOP you do not understand or require more training on?
QUIZ ANSWERS

1. Sufficient workers and time for the task
Suitable transport vehicles with hydraulic tailgate
Ergonomically designed trucks/dollies, motorized “tugs” for heavier loads, pallet jacks, etc.
Seek advice from competent persons (Ergonomist) on task-specific risk controls where required.

2. Repeated lifting, handling, bending positions
Lifting, carrying, or pulling heavy objects
Postural strain
Pushing, pulling, throwing, pressing objects
Repetitive sustained force
Overreaching
Static positions
Contact with cold or hot objects
Contact with sharp objects
Handling/lifting people or animals
Vibration

3.