

Name: Cash Cusum Date of Completion: 31/3/22

YOU ARE REQUIRED TO COMPLETE THE FOLLOWING QUESTIONS AND RETURN THE ANSWERS TO CLAIRE SCOTT

1. Which of the following could be classified as manual handling (tick all that apply)?

Pushing	<input checked="" type="checkbox"/>	Carrying	<input checked="" type="checkbox"/>
Pulling	<input checked="" type="checkbox"/>	Lifting	<input checked="" type="checkbox"/>
Using a lever	<input type="checkbox"/>	Climbing	<input type="checkbox"/>

2. What do you need to consider when assessing the load you are about to lift?

Size	<input checked="" type="checkbox"/>
Weight	<input checked="" type="checkbox"/>
Temperature	<input checked="" type="checkbox"/>
Contents	<input checked="" type="checkbox"/>
All of the above	<input checked="" type="checkbox"/>

3. What should you consider when assessing the environment you are working in?

Temperature	<input type="checkbox"/>
Weather	<input type="checkbox"/>
Floor surface	<input checked="" type="checkbox"/>
All of the above	<input checked="" type="checkbox"/>

4. What PPE must you be wearing to prevent injury? (tick all that apply)

Hard Hat	<input checked="" type="checkbox"/>	Gloves	<input checked="" type="checkbox"/>	Overalls	<input type="checkbox"/>
Safety Shoes	<input checked="" type="checkbox"/>	Eye protection	<input type="checkbox"/>	Respirator	<input type="checkbox"/>

5. What should you not do when lifting a load? (tick all that are applicable)

Bend	<input checked="" type="checkbox"/>	Twist	<input checked="" type="checkbox"/>
Stoop	<input checked="" type="checkbox"/>	Jump	<input type="checkbox"/>

6. How should you lift a load?

Place feet firmly on ground, feet slightly apart, bend knees, lift load, carry with outstretched arms	<input type="checkbox"/>
Place feet on even ground, feet slightly apart, bend knees, lift load, carry close to body	<input checked="" type="checkbox"/>
Place feet on even ground, feet together, bend knees, lift load, carry close to body	<input type="checkbox"/>
Place feet firmly on ground, feet slightly apart, bend knees, lift load, carry close to body	<input checked="" type="checkbox"/>

7. Your individual lifting capacity reduces if the load requires more than one person to lift the load?

True	<input checked="" type="checkbox"/>	False	<input type="checkbox"/>
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If 3 or more

8. What is the best place to store heavy loads?

Bottom shelf level	<input type="checkbox"/>	Middle shelf level	<input checked="" type="checkbox"/>	High shelf level	<input type="checkbox"/>
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