

Name: \_\_\_\_\_

**Back Safety Test**

*What percentage of back injuries are due to degeneration?*

- A. 20 %
- B. 10%
- C. 70%
- D. All of the above

\_\_\_\_\_ *You should bend your knees when lifting.*

- True*
- False*

\_\_\_\_\_ *Can you damage your discs from excessive twisting, turning or bending?*

- True*
- False*

\_\_\_\_\_ *Your back has a \_\_\_\_\_ to \_\_\_\_\_ ratio to the object you are lifting.*

- A. 100 to 1
- B. 1000 to 1
- C. 10 to 1
- D. 100 to 2

\_\_\_\_\_ *Age, time and body mechanics all are factors in the health of your back.*

- True*
- False*

\_\_\_\_\_ *You should always think about safety.*

- True*
- False*



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626 N Main Street, Cambridge MN 55008  
p. 763-689-8984 • f. 763-689-1170 •  
e. [Office@bhomecareinc.com](mailto:Office@bhomecareinc.com)



[www.bhomecareinc.com](http://www.bhomecareinc.com)