

Answer Key 07-001

1. There are 2 major components in the back. **False**
2. There are 31 pairs of nerves that extend out of the spinal cord. **True**
3. The muscles in the back help stabilize the spine. **True**
4. Years of neglect have little to do with back injuries. **False**
5. Herniated discs happen when the jelly-like fluid in the disc puts pressure on the nerves of the spinal cord. **True**
6. Overextension is the result of bending forward too far. **False**
7. Overflexion is the result of moving too fast for the muscles in the back to react. **False**
8. Pinched nerves are caused by problems with the alignment of the spine. **True**
9. When the muscle receives too many impulses from the nerves, it causes a sprain. **False**
10. The first step to proper lifting is to bend at the knees. **False**
11. When bending to pick an object up, focus on keeping the back straight. **True**
12. Keep feet about shoulder width apart when lifting and carrying an object. **True**
13. It is ok to lift an object without first bringing it close to the body. **False**
14. Always lift with the legs. **True**
15. Exercising does not help in maintaining a healthy back. **False**
16. The hip flexor is done by laying on the floor with the knees bent, then tightening the stomach and buttocks muscles to press the back against the ground. **False**
17. Maintaining proper weight reduces stress on the back. **True**
18. The proper posture when sitting is keeping the knees at a 90 degree angle, feet flat and sitting up straight. **True**
19. Standing is easier on the back than sitting. **True**
20. It is a good idea to stretch before work or exercise. **True**



Back Safety Program #07-001

[www.osha-safety-training.net](http://www.osha-safety-training.net)