

## **SG6 Manual Handling for Scaffolders – NASC Toolbox Talk**

### **Test Paper B**

#### **Question 1**

**If you or someone is injured, you should report the accident immediately to your supervisor.**

- a) True
- b) False

#### **Question 2**

**The KEY to proper lifting is to keep the 3 curves of your back in a natural position – spine in line?**

- a) False
- b) True

#### **Question 3**

**What should you do if the load is too heavy or bulky?**

- a) Lift it anyway
- b) Get a mechanical aid or additional assistance
- c) Leave it for someone else
- d) Leave it in the middle of the walkway and hope someone else moves it

#### **Question 4**

**When lifting a load, the arms should be kept as close to the body as possible.**

- a) False
- b) True

#### **Question 5**

**What must you not do when lifting a load?**

- a) Bend your back
- b) Bend your knees
- c) Lift in a smooth motion
- d) Lift with the legs

#### **Question 6**

**What maximum load is specified in the HSE guidance for Manual Handling operations?**

- a) 10kgs
- b) 20kgs
- c) 30kgs
- d) There is no maximum limit specified – all Manual handling operations are subject to Risk Assessment

**Question 7**

**In relation to the risks associated with handling scaffold materials, what are the minimum PPE requirements for the majority of the scaffolding industry?**

- a) Hand protection
- b) Head protection
- c) Foot protection
- d) All of the above.

**Question 8**

**When carrying out a Manual Handling risk assessment, Personal Protective Equipment (PPE) needs to be considered as a last resort.**

- a) False
- b) True

**Question 9**

**Which 3 techniques are most likely to cause strains when lifting, circle those that apply?**

- a) Top heavy bending
- b) Bending the knees
- c) Rushing
- d) Lifting outside your own capability

**Question 10**

**Leaning scaffolding materials vertically and un-secured against a scaffold structure is an acceptable practice if the operative leaves the area for a natural break, for his lunch or at the end of the shift.**

- a) True
- b) False