

SG6 Manual Handling for Scaffolders – NASC Toolbox Talk

Test Paper C

Question 1

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

- a) True
- b) False

Question 2

When is the best time for a manual handling risk assessment to be carried out?

- a) Whilst the task is being carried out
- b) Before an individual carries out the task
- c) Immediately after an injury has occurred
- d) If you feel like it

Question 3

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 4

When moving a load what should you try to avoid?

- a) Bending your neck to see where you are going
- b) Twisting your trunk to speak to others
- c) Carrying the load for long distances
- d) All of the above

Question 5

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 6

The Manual Handling Operations Regulations do not apply to the pushing or pulling of a load.

- a) False
- b) True

Question 7

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 8

In relation to the risks associated with handling scaffold materials, what are the 3 minimum PPE requirements for the majority of the scaffolding industry?

- a) Hand protection
- b) Eye protection
- c) Ear protection
- d) Head protection
- e) Foot protection

Question 9

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 10

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

- a) False
- b) True