

## **SG6:22 Manual Handling for Scaffolders – NASC Test**

### **Test Paper B**

#### **Question 1**

**Does your ability to safely carry out manual handling tasks change depending on your age?**

- a) Yes
- b) No

#### **Question 2**

**When carrying short boards, what is the maximum number of boards you should lift to avoid injury?**

- a) 4
- b) 6
- c) 3
- d) 5

#### **Question 3**

**When does the NASC recommend that safety harnesses are worn by a scaffold operative?**

- a) Only when working on a lift that isn't fully boarded.
- b) When an operative is over 5m above the ground.
- c) Only when it is windy or if the work platform is slippery.
- d) At all times when working at height.

#### **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**

**The key to proper lifting is to keep the back straight to preserve the spine's natural position.**

- a) False
- b) True

**Question 7**

**Does your employer have to inform you of the weight of each load to be manually handled?**

- a) Yes
- b) No

**Question 8**

**When is it acceptable to have materials stored upright?**

- a) Any time that you are present on site.
- b) When the materials are shorter than 3m.
- c) If the materials are stored against a solid structure.
- d) Only when they are about to be lifted up the scaffold and are temporarily secured.

**Question 9**

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

- a) Bending of the back
- b) Bending the knees
- c) Carrying materials through narrow or restricted areas.
- d) Lifting with arms extended.

**Question 10**

**What should be the first step when confronted with a situation that requires manual handling?**

- a) Begin manually handling the items as quick as you can.
- b) Consider if manual handling can be avoided, e.g. through the use of mechanical methods.
- c) Attempt to lift as many items as possible to save on time.
- d) Start erecting the scaffolding, a labourer will have to worry about the manual handling.