

SG6:22 Manual Handling for Scaffolders – NASC Test

Test Paper C

Question 1

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 2

Which hazard should be considered when manually handling long materials upright?

- a) The flammability of the material.
- b) Underground services.
- c) The potential for hand arm vibration.
- d) Overhead power sources, lines and cables.

Question 3

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 4

Annually, approximately 25% of accidents are caused by manual handling.

- a) True
- b) False

Question 5

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 6

What two things are important to consider when lifting tubes from the ground to a carrying position?

- a) The ends of the tube are free from sharp edges.
- b) The tubes are clean.
- c) You are wearing appropriate gloves to protect your hands.
- d) There are enough tubes left to finish the job.

Question 7

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

- a) False
- b) True

Question 8

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

- a) Yes
- b) No

Question 9

Your ability to safely carry out manual handling tasks changes depending on your age.

- a) True
- b) False

Question 10

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

- a) False
- b) True