



Overexertion Quiz

1. The most common overexertion injuries are:

- A. Overheating
- B. Sprains and strains
- C. Broken bones
- D. None of the above

2. Who is at risk of back injury?

- A. Warehouse employees
- B. Office employees
- C. Drivers
- D. All of the above

3. The more physically fit you are, the less likely you will be to have a back injury.

- A. True
- B. False

4. What is the least stressful position for the lower back?

- A. Standing
- B. Lying down
- C. Sitting
- D. Crouching

5. Stress and anxiety can be a potential risk factor for back injuries?

- A. True
- B. False

Answers: 1. B 2. D 3. A 4. B 5. A

members
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DON'T FORGET

June is NATIONAL **SAFETY** MONTH