



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_ / 8

**CIRCLE THE CORRECT ANSWER FOR EACH QUESTION**

**Q1. What does TILE stand for in a manual handling risk assessment?**

A. Task, Individual, Load, Environment  
 B. Type, Inspect, Lift, Evaluate  
 C. Task, Inspect, Lift, Execute  
 D. Time, Individual, Load, Equipment

**Q2. What is the recommended maximum weight for a single person to lift without assistance?**

A. 25kg for men, 16kg for women  
 B. 50kg for men, 25kg for women  
 C. 10kg for all workers  
 D. There is no legal maximum weight

**Q3. Which of the following is NOT a sign of a musculoskeletal disorder?**

A. Persistent back pain  
 B. Tingling in the hands  
 C. Improved grip strength  
 D. Swelling in joints

**Q4. When lifting a load, where should you hold it?**

A. At arm's length for better leverage  
 B. As close to your body as possible  
 C. Above shoulder height  
 D. At knee level only

**Q5. Under the Manual Handling Operations Regulations 1992, what must employers do first?**

A. Provide lifting belts to all workers  
 B. Avoid hazardous manual handling operations so far as is reasonably practicable  
 C. Limit all lifts to under 10kg  
 D. Train all staff annually

**Q6. What is the correct foot position when preparing to lift?**

A. Feet together, toes pointing forward  
 B. Feet shoulder-width apart, one foot slightly forward  
 C. Feet crossed for stability  
 D. Standing on tiptoe

**Q7. Which body part is most commonly injured during manual handling?**

A. Neck  
 B. Lower back  
 C. Knees  
 D. Shoulders

**Q8. How many working days are lost to MSDs in the UK each year?**

A. 1.2 million  
 B. 3.5 million  
 C. 6.6 million  
 D. 12 million

**Answer Key (Trainer Use Only):** Q1:A Q2:D Q3:C Q4:B  
 Q5:B Q6:B Q7:B Q8:C