

Manual Handling Trainer — Knowledge Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | trainerresources.com

Instructions: Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **Manual Handling Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What legislation covers manual handling in the UK?

- A) Health and Safety at Work Act 1974
- B) Manual Handling Operations Regulations 1992
- C) COSHH Regulations 2002
- D) Workplace Regulations 1992

Q2. What does TILE stand for in manual handling?

- A) Task, Individual, Load, Environment
- B) Training, Instruction, Lifting, Equipment
- C) Task, Injury, Load, Evaluation
- D) Training, Individual, Load, Environment

Q3. What is the approximate guideline weight for a male lifting close to the body?

- A) 10kg
- B) 15kg
- C) 25kg
- D) 35kg

Q4. What is the first step in the hierarchy of manual handling controls?

- A) Train workers
- B) Provide mechanical aids
- C) Avoid the manual handling task
- D) Assess the risk

Q5. Which part of the body is most commonly injured in manual handling?

- A) Neck
- B) Lower back
- C) Shoulders
- D) Knees

Q6. What is the correct starting position for a basic lift?

- A) Feet together, back straight
- B) Feet shoulder-width apart, knees bent, back straight
- C) Feet wide apart, back rounded
- D) Standing upright, arms extended

Q7. What should you do before lifting a heavy load?

- A) Just lift it carefully
- B) Assess the load, plan the route, get help if needed
- C) Stretch first

D) Ask someone else to do it

Q8. What does a manual handling risk assessment NOT consider?

- A) The task
- B) The individual's capability
- C) The colour of the load
- D) The environment

Q9. What is a musculoskeletal disorder (MSD)?

- A) A heart condition
- B) An injury or disorder of the muscles, tendons, ligaments, nerves or joints
- C) A skin condition
- D) A respiratory illness

Q10. When should mechanical handling aids be used?

- A) Never, manual handling is always safer
- B) When the load exceeds guideline weights or risk assessment indicates
- C) Only in warehouses
- D) Only for loads over 50kg

Q11. What is team lifting?

- A) Two people lifting without coordination
- B) A coordinated lift by two or more people with one person leading
- C) Lifting with a team of 5 or more
- D) Using a team of machines

Q12. What is the correct way to hold a load?

- A) With fingertips only
- B) With a firm grip, load close to the body
- C) With arms fully extended
- D) With one hand only

Q13. What does the Manual Handling Operations Regulations 1992 require employers to do?

- A) Eliminate all manual handling
- B) Avoid manual handling where reasonably practicable, assess risks, reduce risks
- C) Provide gloves for all lifting
- D) Train all staff annually

Q14. What is a kinetic lift?

- A) A lift using machinery
- B) A smooth, flowing lift using leg muscles with a straight back
- C) A rapid lift
- D) A lift with a bent back

Q15. What should you do if a load is too heavy to lift alone?

- A) Lift it anyway carefully
- B) Drag it instead
- C) Get assistance or use mechanical aids

D) Leave it

Answer Key

Q1: B Q2: A Q3: C Q4: C Q5: B Q6: B Q7: B Q8: C Q9: B Q10: B Q11: B Q12: B Q13: B Q14: B Q15: C

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