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## **QUIZ**

1. How many of us will develop back problems at some point in our life?
  - 20%
  - 60%
  - 80%
  - 90%
2. Approximately how many people experience back injuries on the job each year?
  - 100,000
  - 400,000
  - 600,000
3. What are the "cushions" between the vertebrae called?
  - Flanges
  - Discs
  - Metacarpals
4. A healthy shape for our spine looks like what "letter"?
  - "L"
  - "S"
  - "I"
  - "J"
5. True or False... When sitting, you should keep your knees bent, and lower than your hips?  
\_\_\_\_\_ True      \_\_\_\_\_ False
6. Which of the following can adversely affect your back?  
\_\_\_\_\_ Stress    \_\_\_\_\_ Diet    \_\_\_\_\_ Lifting Habits
7. True or False... You can lift a 30 lb. object from an overhead shelf just as easily as you can pick it up from the floor?  
\_\_\_\_\_ True      \_\_\_\_\_ False
8. True or False... When carrying an object around a corner, first turn with your back, then have your feet follow?  
\_\_\_\_\_ True      \_\_\_\_\_ False