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| **Name:** |  | **Date Completed:** |  |

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| 1. **What does manual handling include?**
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| 1. **Highlight two risks of manual handling**
 |
| [ ]  Sprains and strains | [ ]  Fractures |
| [ ]  Head injuries | [ ]  Blisters |

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| 1. **What must you check before manual handling?**
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| [ ]  Floors surfaces | [ ]  Stability of load |
| [ ]  There is sufficient room | [ ]  Spills are cleaned up and obstacles removed |

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| 1. **What must you do if you can’t lift a load?**
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| 1. **Lift five elements that make up good lifting techniques**
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# Trainer Use Only

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| **Marked By:** |  | **Signature:** |  |
| **Score:** |  | **5** | **Pass or Fail:** | [ ]  Pass | [ ]  Fail |