

Level 2 Award in Principles of Manual Handling

Sample Examination Questions

1 Which of the following is an example of **manual handling** hazard?

- A A broken table
- B A heavy box
- C A sharp knife
- D An open trapdoor

2 A control measure to reduce back injury from carrying a crate of eggs would be to:

- A put the eggs into a padded cardboard box
- B wear flat shoes with a smooth sole
- C split the eggs into smaller boxes
- D work more quickly to reduce the time taken

3 The term ergonomics describes the:

- A design of the working environment
- B cost of accidents and injuries in the workplace
- C amount of personal protective clothing worn at work
- D safe working load of hoists and lifts

4 Shoulder strains are most likely to be caused by:

- A lifting loads
- B pushing trolleys
- C pulling pallet trucks
- D filling bags

5 Whose responsibility is it to provide information, instruction and training to those exposed to manual handling risks in the workplace?

- A The Health and Safety Executive
- B The employer
- C The education authority
- D The local authority

6 Which of the following is the most effective in the hierarchy of control?

- A Personal protective equipment
- B Isolation
- C Elimination
- D Enclosure

Chartered
Institute of
Environmental
Health



Customer Services

Chartered Institute of Environmental Health
Chadwick Court, 15 Hatfields, London SE1 8DJ

Telephone 020 7827 5800 (Option 1)

Email customerservices@cieh.org **Web** www.cieh.org/training

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Printed October 2008

Answers
1 B 2 C 3 A 4 A 5 B 6 C