SAFE USE OF RAKES AND SHOVELS QUIZ

1. Fill in the blank with the correct word for the following statement: “When digging, use the ________ of your foot to push the shovel blade into the ground.”
   a. Base.
   b. Heel.
   c. Toes.
   d. Ball.
   e. Arch.

2. Lift the shovel by straightening your ________:
   a. Arms.
   b. Legs.
   c. Posture.
   d. Grip.
   e. Shoulders.

3. Stand upright and use the rake to ________ leaves or dirt toward you.
   a. Push.
   b. Carry.
   c. Separate.
   d. Project.
   e. Pull.

4. Never ________ your arms or shoulders to load a shovel:
   a. Lift.
   b. Bend.
   c. Overextend.
   d. Rotate.
   e. Move.

5. Fill in the blank with the correct word for the following statement: “Do not ________ your trunk when raking or moving a shovel load”
   a. Twist.
   b. Straighten.
   c. Flex.
   d. Lengthen.
   e. Carry.

Answers: 1.d, 2.b, 3.e, 4.c, 5.a