



Acute Training Solutions Theory Assessment

Name		Date	
Place of work			

1. What is a load?			
A.	A moveable object, person or animal	C.	More than one object that's too heavy to carry
B.	A large amount of equipment	D.	An object that you must use a hoist to move
2. Which of the following is not a function of the spine?			
A.	Allows bending and movement	C.	Supports the head and upper body
B.	Protection for the spinal cord	D.	produces red blood cells
3. What is an advantage of dual lifting?			
A.	Gives us twice the strength to move heavy objects	C.	Reduce the strain on each individual
B.	Saves us using equipment for heavy objects	D.	This will enable the staff to get the job done quicker
4. Which of the following is the name of a commonly used unsafe lifting technique?			
A.	Belgium lift	C.	Australian lift
B.	Canadian lift	D.	Scottish lift
5. Which of the following is a safety point prior to using a hoist?			
A.	Wearing gloves	C.	Ask the client if they need the hoist or can they walk?
B.	Ensure the equipment is in good working order	D.	Hoist only used by senior staff

6. What type of shoes must be worn when moving and handling?			
A.	High heeled shoes	C.	Flip flops
B.	Open toed shoes	D.	Closed toe flat shoes
7. Who is responsible to ensure that the correct method of moving and handling is carried out?			
A.	The manager only	C.	The manager and staff
B.	The staff	D.	The Care Standards commissioner
8. Which of the following is not an essential component in dual handling?			
A.	Communication	C.	Commitment
B.	Cooperation	D.	Carrying
9. What is the most common injury due to manual handling bad practice?			
A.	Neck injury	C.	Back injury
B.	Leg injury	D.	Hand injury
10. Which of the following is not a handling aid?			
A.	Transfer board	C.	Pivot board
B.	Banana board	D.	Side board