



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