

Profile ID

Moving and Handling - Level 1

CSTF, Moving and Handling - Level 1

Total Score: 10, Passing Grade: 8, Version: 4

1. When using equipment to move an object you should (Select ALL that apply) (Score: 1)

- Check it is suitable for the task
- Ensure that the user is trained
- Check(ed) equipment prior to use
- Report any concerns regarding damage

2. Your employer has a legal duty to ensure which of the following? (Select FOUR of the following options) (Score: 1)

- Access to appropriate training
- Provision of appropriate equipment
- Maintenance of equipment in good working order
- Adequate supervision for employees
- Elimination of all manual handling related risks

3. When undertaking an 'on the spot' risk assessment, consideration needs to be given to the task, the load, the environment and another factor according to the model using the TILE acronym. What is the missing factor? (Select ONE of the following options) (Score: 1)

- Idea
- Information
- Individual
- Inclination

4. What should you do if a load is very sharp, very hot or very cold? (Select ONE of the following options) (Score: 1)

- Hold the load away from your body
- Use protective equipment e.g. gloves or mask
- Break it down into smaller loads

5. Which principles may apply to a moving and handling task to reduce the likelihood and severity of injury? (Select FOUR of the following) (Score: 1)

- Bent knees
- Load held to the side
- Spine in-line
- Load held close
- Stable base
- Feet together

6. Which of the following should be AVOIDED when handling a load? (Select THREE of the following options) (Score: 1)

- Twisting
- Stooping
- Over reaching
- Holding the load close

7. You have been asked to move an unfamiliar load that you think may cause harm to you. What action should you NOT take? (Select ONE of the following options) (Score: 1)

- Go ahead and move it regardless of any risk
- Read the risk assessment and follow the advice
- Undertake a new risk assessment
- Use appropriate equipment

8. According to your Moving & (Manual) Handling Policy for inanimate load handling what are your duties? (Select TWO of the following options) (Score: 1)

- To utilise moving and handling equipment as identified by Risk Assessment
- To report to your line manager if problems occur when manual handling
- Not to move any object at work

9. Which of the following reflects the employees responsibilities under the Manual Handling Operations Regulations (Select ONE of the following options) (Score: 1)

- Make full and proper use of any equipment/systems of work outlined in the risk assessment
- Use equipment/systems of work outlined in the risk assessment if you feel there is sufficient time
- Where equipment has been identified in a risk assessment, to still lift the item manually.

10. What does the acronym TILE stand for when undertaking a risk assessment for manual handling? (Select ONE of the following options) (Score: 1)

Time, idea, logic and effort

Tidiness, inclination, load and environment

Task, individual, load and environment

Time, individual, load and effort