

Overexertion Quiz

Overexertion is caused by:

- Reaching too far
- Lifting improperly
- Lifting too much
- All of the above

Overexertion is typically a strain or sprain in the back or shoulder area.

- True
- False

You can reduce strains and sprains by:

- Not working
- Carrying more than you can handle
- Change work tasks, tools and equipment
- Always wearing an Ace bandage

Light exercise beforehand can help to reduce overexertion strains and sprains.

- True
- False