

**TRANSLATED VERSION**

School name:..... School year:.....

Identification:.....

(Write the first two letters of your name and surnames. For example: José Martínez López = JOMALO)

Age:..... Weight: ..... Size: .....

**QUESTIONNAIRE OF KNOWLEDGE**

This questionnaire is aimed at evaluating your knowledge on back health and posture. Please, mark an 'X' on the correct answer (a, b, c or d). Only one answer is correct. If you are not sure, choose the one you think is better or ask your teacher.

v1	The spine is located in...:	
	- The abdomen.....	a
	- The trunk.....	b
	- The legs.....	c
	- The head.....	d
v2	How many curves does the spine have?	
	-Two.....	a
	-Three.....	b
	- Four.....	c
	- Five.....	d
v3	How are the different parts of the spine called?	
	- High, middle and low.....	a
	- Neck, back, kidneys and sacrum.....	b
	- Cervical, thoracic, lumbar and sacrum.....	c
	- Head, back and hip.....	d

v4	The spine has got curves in order to...	
	- be wider in its upper side and narrower in its lower side.....	a
	- support the arms and the legs.....	b
	- bear a larger amount of weight.....	c
	- provide a better support when sitting on a chair.....	d
v5	What is the function of the spine in the body?	
	- To straighten your back and stretch your ligaments to become taller..	a
	- To protect the spinal cord, transmit the weight to the lower limbs and provide back flexibility.....	b
	- To support the viscera and help us breathe.....	c
	- To flatten the back.....	d
v6	Which of the following muscles is a trunk muscle?	
	- The quadriceps.....	a
	- The biceps brachii.....	b
	- The sternocleidomastoid.....	c
	- The rectus abdominis.....	d
v7	The function of the trunk musculature is:	
	- To control back stability and support the viscera.....	a
	- To support fat from the abdomen and the waist.....	b
	- To embellish the body.....	c
	- To get a flatter abdomen.....	d
v8	The most stressful posture for your back is:	
	- Lying on one side.....	a
	- Sitting.....	b
	- Standing.....	c
	- Lying face up.....	d

v9 Which of the following postures is the most adequate?



a



b



c

None

d

v10 When standing for a while without moving, I should:

- Shift the weight from one leg to the other, trying not to bend or twist the trunk for a long time ..... a
- Keep my feet still and twist my neck and trunk to hold conversations.... b
- Wear high-heeled shoes to relax the trunk muscles..... c
- Remain as steady as possible..... d

v11 When sitting during a long time (watching TV, studying, working, etc.), I should:

- put my upper back on the chair backrest and sit on the seat edge..... a
- put my lower back on the chair backrest, keeping the trunk in an up-right position and both feet flat on the floor, avoiding thighs pressure. .... b
- turn the spine to talk to someone or fetch something which is on one side or behind me. .... c
- keep my legs close together and sit with decorum..... d

v12 When sitting by a desk...

- I have to twist and bend my trunk to stand up from the chair..... a
- The desk height should be just below my chest height and I should not rest my forearms and/or elbows on it. .... b
- The bookstand to hold my books and notes when reading is harmful to my neck.... c
- I should always rest my elbows on the desk..... d

v13	When sitting by a desk with a computer	
	- The screen should be on one side and I have to twist my head to look at it.	a
	- The computer keyboard and the mouse should be at my elbows height.....	b
	- I should sit near the screen to see it better.....	c
	- I should rest my wrists on it to type on the keyboard.....	d
v14	When carrying books or objects some distance away, the best option is to use:	
	-A handbag .....	a
	-A backpack .....	b
	-A shoulder bag .....	c
	-A rolling backpack .....	d
v15	When carrying a schoolbag with books, the weight should be:	
	-The least amount of weight possible and never more than 10% of my bodyweight....	a
	-As much as I can support without suffering backache and never more than one half of my bodyweight.....	b
	-It is not important the weight I carry.....	c
	-I should not support more than a quarter of my bodyweight.....	d
v16	When carrying weight in my schoolbag, I should wear it on my back:	
	- with one strap, worn over one shoulder.....	a
	- with two straps, worn over one shoulder.....	b
	- with one strap worn over one shoulder and wound around the chest.....	c
	- with two straps, each one worn over one shoulder and tightened at the back by a waist strap.....	d
v17	When carrying weight in my schoolbag:	
	- It is not important to distribute weight inside the bag properly.....	a
	- I should pack the heaviest items in the bag close to my body and the lightest ones away from it.	b
	- I should pack the lightest items in the bag close to my body and the heaviest ones away from it.....	c
	- I should put the heaviest items in the middle of the bag.....	d

v18	When carrying weight in bags, I should:	
	- distribute the weight evenly between the two arms.....	a
	- use my dominant arm for the heaviest weight and my non-dominant arm for the lightest weight .....	b
	- only use my dominant arm.....	c
	- simultaneously use my two arms to hold the weight.....	d
v19	When carrying a heavy load, it is better to: (v 1)	
	-pull a rolling bag.....	a
	-push a rolling bag.....	b
	-carry it on your arms.....	c
	-distribute them in both hands using two bags.....	d
v20	When holding heavy loads in your arms, it is better to:	
	-stretch your arms and keep the object as far as possible from your body.....	a
	-stretch your arms and keep the object slightly far from your body.....	b
	-carry the object on your side using only one arm.....	c
	-hold the object with both arms to keep it as close as possible to your body....	d
v21	When lifting heavy objects off of the floor, I should:	
	- keep my feet as far as possible from the object.....	a
	- keep my back straight and apply force with my legs.....	b
	-keep my legs stretched and apply force with my trunk.....	c
	-put the object beside my body and lift it twisting and bending my trunk to apply force .....	d
v22	When reaching for an object which is over my head, it is better to:	
	- stretch the arms and the trunk as much as necessary .....	a
	- climb a ladder to face the object.....	b
	- jump to fetch it.....	c
	- stand on tiptoes and stretch my body..	d

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v23 When sleeping, the best posture is:

- Face-down..... a
  - Face-up..... b
  - On one side..... c
  - Any one..... d
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v24 The surface where I sleep on should be:

- Firm..... a
  - Soft..... b
  - Firm but comfortable..... c
  - Neither firm nor soft. .... d
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