



# 1<sup>st</sup> PART

<b>Start time:</b>	<b>Date:</b> ____ / ____ / ____
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## PERSONAL INFORMATION



Name of school:.....Course:.....

Control name:.....




(Write the first two letters of your first name and surname(s). Example: José Martínez López = JOMALO)





**MARK THE MOST APPROPRIATE ANSWER WITH AN “X”**



<b><u>STANDING:</u></b>
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		Never	Hardly ever	Almost always	Always
1	<p>When brushing my teeth, I support myself with my free hand to bear the weight of my body when bending my back.</p> <div style="text-align: center; margin-top: 10px;">  </div>				
2	<p>When standing up for a long time, I constantly change position by moving the weight of the body from one foot to the other.</p>				
3	<p>When doing household chores such as sweeping, ironing, making the bed, etc. I try to keep my back straight.</p> <div style="text-align: center; margin-top: 10px;">  </div>				
4	<p>When I have to stand, I wear shoes with heels.</p>				

**SITTING:**

		Never	Hardly ever	Almost always	Always
5	<p>When sitting I support my entire back by sitting back in my chair.</p> 				
6	<p>I do not place both my feet on the floor.</p> 				
7	<p>I sit on the edge of the seat.</p> 				

		Never	Hardly ever	Almost always	Always
8	<p>I lean forward and hunch my back.</p> 				
9	<p>I turn my body to one side to pick up an object or speak to my classmates.</p> 				
10	<p>I rest my forearms on the desktop.</p> 				
11	<p>I use a stand to rest my books on.</p> 				

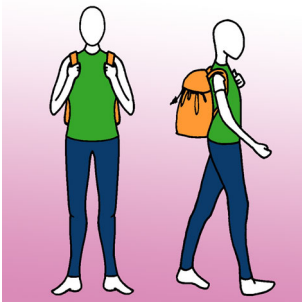
		Never	Hardly ever	Almost always	Always
12	<p>When working on my computer, I have the screen at eye level.</p> 				
13	<p>When working on my computer, I have the keyboard and mouse level with my elbows.</p> 				



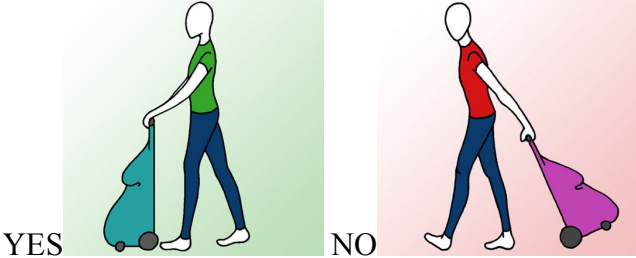



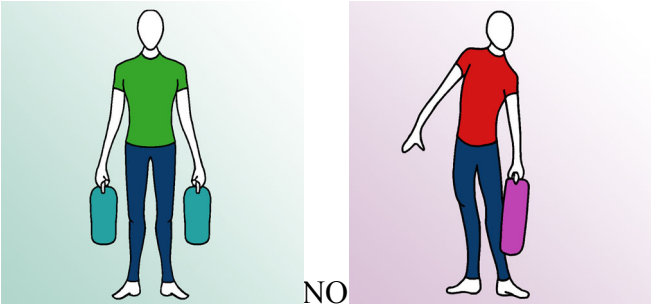

**CARRYING WEIGHTS:**


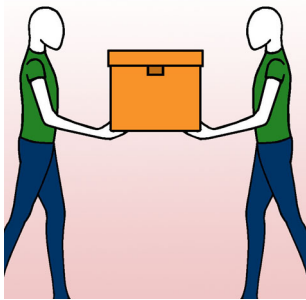

14. What types of bags do you usually use to carry things when you go to school?

- A backpack
- A briefcase
- A wheeled trolley to push along
- A clutch bag.
- A wheeled trolley to pull along
- A shoulder bag carried across the body
- Other (explain the type).....

		Never	Hardly ever	Almost always	Always
15	I usually wear a backpack.				
16	When I use my backpack, I try to carry as little weight as possible.				
17	I wear my backpack with a strap over each shoulder. 				

		Never	Hardly ever	Almost always	Always
18	<p>When packing my backpack, I distribute the weight of the books, putting the heaviest ones closer to the back.</p> 				
19	<p>When I have to carry a lot of weight, I use a wheeled trolley bag rather than a backpack.</p> 				
20	<p>When I have to carry a lot of weight, I push the wheeled trolley bag rather than drag it along.</p> 				

		Never	Hardly ever	Almost always	Always
21	<p>When carrying or holding a heavy weight in my hands, I hold it close to my body with my arms bent.</p> 				
22	<p>When carrying heavy bags, I try to distribute the weight by using both arms.</p> 				
23	<p>When picking up a heavy weight from the floor, I keep my back straight and use my legs to help lift the weight.</p> 				

		Never	Hardly ever	Almost always	Always
24	<p>When picking up an object above head height, I try to use a ladder and climb up until the object is right in front of me.</p> 				
25	<p>When lifting a heavy weight from the floor, I usually look for someone to help me.</p> 				
26	<p>When picking up an object on the floor next to me, I bend and turn my back to pick it up.</p> 				





**LYING DOWN**

I usually sleep:

		Never	Hardly ever	Almost always	Always
27	Face down				
28	On my side in the fetal position.				
29	Face up.				
30	The mattress on my bed is soft.				
31	The mattress on my bed is firm and gives support.				

**End time:** \_\_\_\_\_

Thank you for participating