



Body Mechanics in Healthcare

Quiz

KEY

1.T 2.E 3.F 4.F 5.T 6.F 7.D 8.T 9.T 10.C

**Body Mechanics
Employee Exam**

Name: _____
Date: _____

1. The purpose of proper body mechanics is injury prevention.
True or False
2. Which of these can cause Musculoskeletal Disorders, discomfort and pain?
 - a. Heavy Lifting
 - b. Repetition of movement
 - c. Reaching
 - d. Twisting
 - e. All of the above
3. Your job is physical in nature, so this means you will be injured.
True or False
4. Tools and assistive devices do little to help reduce stress and strain on your body.
True or False
5. Slip-Resistant shoes help prevent injuries.
True or False
6. When transferring a client, the further their body is away from you, the less stress and strain it places on both of you.
True or False
7. Which of these can help assist with moving/lifting patients?
 - a. Bath Board
 - b. Gait Belt
 - c. Toilet Seat Riser
 - d. Trapeze Bar
 - e. All of the above
8. A proper assessment and plan for a transfer, ambulation or lift can make the difference between a safe transfer and an injury for you or your client
True or False
9. Proper communication with the client is the first step in all safe movements/transfers.
True or False
10. If you're unsure about how to use a piece of equipment safely, what should you do?
 - a. Use it anyway
 - b. Don't use it
 - c. Ask your Supervisor
 - d. None of the above