

## ***BODY MECHANICS TEST***

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**1. WHEN LIFTING:**

- A. hold load away      B. hold load close      C. does not matter

**2. BASIC TRANSFER PROCEDURES ARE:**

- A. always do the same way      B. adapt to the conditions      C. none are necessary

**3. TO TRANSFER TO SIDE OF BED:**

- A. push      B. reach under patient and pull      C. Pull patient's arm

**4. TO TRANSFER TO HEAD OF BEAD:**

- A. keep patient's knees flat      B. raise patient's knees      C. doesn't matter about knees

**5. TO TURN PATIENT ON SIDE:**

- A. push      B. reach over; pull shoulder-hip      C. tilt bed

**6. TO ASSIST FOR SIT-UP:**

- A. pull patient's arm      B. patient hugs your neck      C. raise their body while lowering their legs

**7. TO ASSIST FOR STAND-UP:**

- A. get back, then reach out      B. get close with knees bent      C. either way you want

**8. TO ASSIST WITH SITTING:**

A. patient hugs your neck    B. patient leans on chair arms    C. either way you want

**9. TO ASSIST WITH WALKING, YOU STAND AT:**

A. patient's weak side    B. patient's strong side    C. either way you want

**10. TO ASSIST WITH A HEAVY PATIENT:**

A. get help or and mechanical aid    B. try very hard    C. don't do anything