



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