



Name: _____

Date: _____

Year & Section: _____

Score: _____

Topic / Lesson	No. of meeting days	Remembering	Understanding	Applying	Analyzing	Evaluating	Creating	Total
Use tools, equipment, and paraphernalia	2	1, 2	3, 4	5, 6	7, 8	9, 10	11. – 15.	
Perform Calculation	2	41, 42, 44			43			
Practice Occupational health and safety procedure	1	26, 27	28, 29	30, 31	32, 33	34, 35	36. - 40.	
Maintain tools, equipment, and paraphernalia	2	49, 50		45, 46	47, 48			
General Items	0	16, 20, 21	24, 25, 26	22, 23	17, 18,			
Total	7							

I. Encircle the letter of the BEST answer. Strictly NO erasure. Use a black ballpoint pen.

1. Which of the following is an example of a tool used in caregiving?

- a. Pliers
- b. Hammer
- c. Thermometer**
- d. Screwdriver

2. Which of the following is an example of equipment used in caregiving?

- a. Stove
- b. Microwave
- c. Toaster
- d. Blood pressure monitor**



3. What is the purpose of using tools and equipment in caregiving?
 - a. To make the caregiver's job easier
 - b. To impress the patient
 - c. To improve the patient's quality of life**
 - d. To save money on caregiving expenses
4. Why is it important to use paraphernalia in caregiving?
 - a. To make the patient feel more comfortable
 - b. To comply with healthcare regulations
 - c. To prevent the spread of infection**
 - d. To impress the patient's family
5. You are caring for a patient who has difficulty feeding themselves. Which of the following tools would you use to help them eat?
 - a. Wrench
 - b. Fork**
 - c. Shovel
 - d. Saw
6. You are caring for a patient who needs assistance with mobility. Which of the following equipment would you use to help them move around?
 - a. Toaster
 - b. Microwave
 - c. Wheelchair**
 - d. Blender
7. What is the relationship between using tools and equipment in caregiving and the patient's quality of life?
 - a. There is no relationship
 - b. Using tools and equipment can improve the patient's quality of life**
 - c. Using tools and equipment can decrease the patient's quality of life
 - d. Using tools and equipment has no effect on the patient's quality of life
8. How does using paraphernalia in caregiving help prevent the spread of infection?
 - a. It helps keep the patient's environment clean**
 - b. It helps keep the caregiver's hands clean
 - c. It helps keep the patient's wounds clean
 - d. It does not help prevent the spread of infection
9. Which of the following tools would be most effective in helping a patient with a broken arm?
 - a. Hammer
 - b. Pliers
 - c. Crutch**
 - d. Screwdriver



10. Which of the following equipment would be most appropriate for a patient who is bedridden?

- a. Treadmill
- b. Hospital bed**
- c. Exercise bike
- d. Swimming pool

11. – 15. How would you use a combination of tools and equipment to help a patient with limited mobility maintain their independence?

- a. Use a wheelchair and a cane
- b. Use a walker and a shower chair
- c. Use a wheelchair and a bedpan

Explanation : _____

16. What is the normal range for blood pressure in an adult?

- a) 80/60 mmHg
- b) 100/70 mmHg
- c) 120/80 mmHg**
- d) 140/90 mmHg

17. Which of the following is an example of a respiratory illness?

- a) Diabetes
- b) Heart attack
- c) Asthma**
- d) Arthritis

18. When caring for a person with dementia, which of the following is an effective communication technique?

- a) Using complex language
- b) Speaking loudly
- c) Using simple and clear language**
- d) Ignoring the person

19. What is the proper way to dispose of used needles or syringes?

- a) Place them in the regular trash
- b) Flush them down the toilet
- c) Recycle them
- d) Place them in a sharps container**



20. Which of the following is NOT an example of a good nutrition practice for a person in care?
- a) Encouraging a variety of foods
 - b) Serving large portions**
 - c) Providing snacks between meals
 - d) Offering fluids throughout the day
21. What is the recommended amount of physical activity for adults?
- a) 10 minutes a day
 - b) 30 minutes a day**
 - c) 1 hour a day
 - d) 2 hours a day
22. Which of the following is an example of a physical change that may occur in an aging person?
- a) Increased flexibility
 - b) Increased muscle mass
 - c) Decreased bone density**
 - d) Decreased risk of chronic illness
23. When providing personal care, which of the following is important to remember?
- a) Use hot water to bathe the person
 - b) Wear gloves when providing care**
 - c) Ignore any signs of discomfort or pain
 - d) Leave the person alone during care
24. What is the proper way to assist a person with mobility issues?
- a) Allow them to move on their own
 - b) Use your body weight to assist them
 - c) Lift them without warning
 - d) Use assistive devices like a walker or cane**
25. Which of the following is an example of a psychological effect of aging?
- a) Decreased sense of purpose**
 - b) Increased flexibility
 - c) Increased social interaction
 - d) Increased bone density
26. What is the purpose of Occupational Health and Safety (OHS) procedures in caregiving?
- a. To prevent accidents**
 - b. To reduce costs
 - c. To increase productivity
 - d. To improve communication



27. Which of the following is an example of a workplace hazard in caregiving?
- a. A broken photocopy machine
 - b. A wet floor**
 - c. A loud radio
 - d. A new computer program
28. What are the consequences of not following OHS procedures in caregiving?
- a. Improved patient care**
 - b. Legal liability
 - c. Increased job satisfaction
 - d. Higher salaries
29. How do OHS procedures protect the health and safety of caregivers and patients?
- a. By reducing the risk of accidents and injuries**
 - b. By increasing productivity
 - c. By improving communication
 - d. By lowering costs
30. A caregiver is preparing to lift a patient from a bed to a wheelchair. What should the caregiver do first?
- a. Ask the patient to stand up
 - b. Ask another caregiver to help
 - c. Assess the weight and mobility of the patient**
 - d. Rush to complete the task quickly
31. Which of the following is an example of Personal Protective Equipment (PPE) that a caregiver should use when providing care?
- a. A cellphone
 - b. Gloves**
 - c. A pen
 - d. A watch
32. How can caregivers identify and assess workplace hazards in caregiving?
- a. By asking other caregivers
 - b. By conducting regular workplace inspections**
 - c. By avoiding risky tasks altogether
 - d. By not reporting hazards to management



33. What is the impact of a caregiver's physical and emotional health on the quality of care provided to patients?
- a. It has no impact
 - b. It can improve the quality of care**
 - c. It can decrease the quality of care
 - d. It only affects the caregiver, not the patient
34. How can caregivers advocate for their own health and safety in the workplace?
- a. By ignoring hazards
 - b. By keeping quiet and not reporting hazards
 - c. By demanding more pay
 - d. By reporting hazards to management and following OHS procedures**
35. How can caregivers promote a culture of safety in the workplace?
- a. By ignoring OHS procedures
 - b. By cutting corners to save time
 - c. By participating in safety training and reporting hazards**
 - d. By not speaking up when they notice unsafe conditions
36. – 40. Imagine you are a caregiver in a healthcare facility. **Create a checklist** of at least five safety procedures that you should follow when providing care to patients.
- a. Wash hands before and after caring for a patient
 - b. Use gloves and other PPE when necessary
 - c. Assess the patient's weight and mobility before lifting or transferring them
 - d. Use proper body mechanics when lifting or transferring a patient
 - e. Report any hazards or safety concerns to management immediately



41. It is considered to be the most accurate and safest method in calculating pediatric doses.
- a. Fried's Rule
 - b. Young's Rule
 - c. Clark's Rule
 - d. Body Surface Area (BSA) Method**
42. It is use to calculate child's weight to calculate approximate dosage.
- a. Fried's Rule
 - b. Young's Rule
 - c. Clark's Rule**
 - d. Body Surface Area (BSA) Method
43. A baby ages 1 years old 6 months what method of calculating pediatric doses should the caregiver used?
- a. Fried's Rule**
 - b. Young's Rule
 - c. Clark's Rule
 - d. Body Surface Area (BSA) Method
44. It is to determine a child's BSA then setup an equation using the formula.
- a. Memagram
 - b. Inamogram
 - c. Nomogram**
 - d. Anemogram
45. What steps should you take to properly store a surgical instrument?
- a. Wipe with alcohol and store in a dry place
 - b. Boil in hot water and store in a dry place
 - c. Wash with soap and water, then sterilize, and store in a dry place**
 - d. Soak in vinegar, then sterilize, and store in a dry place
46. How can you ensure that medical equipment is properly disinfected before use?
- a. By wiping it down with a clean cloth
 - b. By washing it with soap and water
 - c. By soaking it in vinegar
 - d. By following the manufacturer's instructions for disinfecting**



47. What steps should you take if you notice that medical equipment is damaged or malfunctioning?
- a. Continue to use it until it stops working completely
 - b. Dispose of it immediately
 - c. Attempt to repair it yourself
 - d. Report the issue to the appropriate person and follow the proper procedures for repair or replacement**
48. How can you determine if a piece of medical equipment is safe to use?
- a. By checking the expiration date on the equipment**
 - b. By checking the manufacturer's instructions for use
 - c. By asking a coworker if they have used it before
 - d. By checking the equipment for visible signs of damage or wear
49. How can excessive moisture affect the lifespan of medical equipment?
- a. It can cause rust and corrosion**
 - b. It can cause the equipment to become brittle
 - c. It can cause the equipment to warp
 - d. It can cause the equipment to become discolored
50. What is the purpose of lubricating medical equipment?
- a. To prevent rust and corrosion**
 - b. To prevent the equipment from becoming brittle
 - c. To prevent the equipment from warping
 - d. To prevent the equipment from becoming discolored

Those letters and details had bold were the answer.