

## Using Proper Body Mechanics

1. Body mechanics refers to

- (A) The use of a mechanical lift to transfer a bariatric resident.
- (B) The use of back muscles to decrease strain on the legs.
- (C) Guidelines of motion that minimize muscle strain.
- (D) The ability to bend and twist while holding an object.

2. If an NA is about to ambulate a resident and sees an object in the resident's path, she should

- (A) Move the object before the resident moves.
- (B) Alert the resident to the tripping hazard.
- (C) Alert the housekeeping department and her supervisor.
- (D) Promote self-care by trusting the resident to notice the object and avoid it.

3. When lifting an object from the floor, the NA should

- (A) Face the object and bend at the waist to pick it up.
- (B) Bend at the waist if the object is lighter than thirty pounds.
- (C) Bend at the waist and use both hands under the object.
- (D) Face the object and bend at her knees to pick it up.

4. How should the NA assist a resident to stand, using proper body mechanics?

- (A) The NA should keep her hands under the resident's armpits to help bear the resident's weight evenly.
- (B) The NA should sit beside the resident and hold the gait belt as they stand up together on the count of three.
- (C) The NA should face the same direction as the resident and allow the resident to grasp her as support if needed.
- (D) The NA should face the resident and brace the resident's knees with her own.

5. How should the NA assist a falling resident?

- (A) The NA should get out of the way and let the resident fall.
- (B) The NA should move close to the resident and use her body to lower the resident to the floor.
- (C) The NA should drop to the floor first in order to catch the resident.
- (D) The NA should step in front of the resident to ensure that she falls backward instead of forward.

6. What is the body's "base of support"?

- (A) The feet
- (B) The strong muscles in the thighs
- (C) The space between the feet
- (D) The alignment of the hips, knees and spine

7. What should an NA do if she is unsure whether she can safely assist a resident?

- (A) Request help from another resident
- (B) Skip the task she does not feel safe doing
- (C) Attempt the task and complete an incident report if an accident occurs
- (D) Request the help of a co-worker or supervisor