

BODY MECHANICS

POST-TEST

Name _____ Date _____

1). Body Mechanics can be described as:

- A. The proper way to complete your paperwork.
- B. The proper and most efficient way to perform daily activities that are safe while preventing physical strains.
- C. The mechanics necessary to prevent mobility.

2). To prevent back problems you should always:

- A. Carry anything no matter how heavy it is.
- B. Have your back to whatever you are lifting.
- C. Use proper body mechanics

3). List three (3) things that you should know about a client prior to transferring?

- A. _____
- B. _____
- C. _____

4). Heavy objects should be held CLOSE TO / AWAY FROM your body.

(Circle the correct answer)

3). List three (3) things that assist with proper posture:

- A. _____
- B. _____
- C. _____