

Caregiver Assistance News

“ C A R I N G F O R Y O U . . . C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

The back—especially the lower back—bears much of the body’s weight during walking, lifting and other activities. It makes sense, then, that injuries to the lower back—such as strains and sprains—are common. But by using correct body mechanics during the caregiving day, you will prevent needless injuries. Check your knowledge of body mechanics by answering True or False to the questions below.

1. When lifting, use your arms and back rather than your legs.
T F
2. *Body mechanics* is using your body properly to perform tasks.
T F
3. Never tell someone when you are going to move him, to help him avoid being tense.
T F
4. You have no control over building strength in your muscles.
T F
5. A little attention to the safest way to move your body—and the person in your care—will keep you from unnecessary injury.
T F
6. When transferring someone from bed to chair, twist at the waist to set him down safely.
T F
7. Do a stretching routine before you lift. It gets blood flowing to the muscles as well as to the discs between the vertebrae in the spine.
T F
8. If the person in your care falls and you suspect a broken bone, keep him warm with a blanket, make him as comfortable as possible and call 911.
T F
9. A transfer belt can help you set a person into a chair more easily.
T F
10. Feet together is the best base for lifting someone.
T F

Name _____

Signature _____ Date _____