

Name: _____

Date: _____

Module 11

Module 11: Ergonomics, Transferring, and Repositioning a Consumer

1. Doing the same movements over and over again are stressful to your body only after the age of 30.
 - True
 - False
2. Learning to lift and move objects properly can reduce your likelihood of physical injury
 - True
 - False
3. Manually lifting, transferring, and repositioning Consumers always should be done with proper body positioning.
 - True
 - False
4. The “ABCs” of good body mechanics are:
 - a. A. Stability, Position, and Configuration
 - b. B. Posture, Balance, and Equilibrium
 - c. C. Alignment, Balance, and Coordinated movement
 - d. D. Posture, Placement, and Purpose
5. Keeping your body properly aligned is essential to good body mechanics.
 - True
 - False
6. You can have better balance by spreading your feet further apart to create a good base support.
 - True
 - False
7. All of the following are steps of proper lifting technique, except:
 - a. A. Plan your lift and ask for help if you need it
 - b. B. Stand close to the object and narrow your base of support
 - c. C. Bend your knees and keep your back straight
 - d. D. Tighten your abdominal muscles
 - e. E. Lift with your leg muscles
8. You should squat instead of leaning over to pick something up.
 - True
 - False
9. A Consumer who is not positioned appropriately or who lays in the same position for a long time can have difficulty breathing properly, which can lead to pneumonia.
 - True
 - False

10. A PSS may need to use pillows or rolled sheets, towels, or blankets to help position a Consumer properly in their chair or in bed.
 - True
 - False

11. A Consumer who is laying on their back with their belly up is said to be laying in the supine position.
 - True
 - False

12. A Consumer who is laying on their stomach with their belly on the bed is said to be laying in the prone position.
 - True
 - False

13. It is important to check the Consumer's care plan to see if there are positions they should not sit or lay in.
 - True
 - False

14. For Consumers who are weak or ill, transferring from the bed to a chair may be a scary process.
 - True
 - False

15. When transferring a Consumer to and from a wheelchair, the PSS should do all of the following, except:
 - a. A. Lock the wheels
 - b. B. Ensure the front wheels are facing forward
 - c. C. Remove or fold the footrest to the side
 - d. D. Make sure the Consumer has proper footwear on
 - e. E. Always stand to the left of the Consumer
 - f. F. The PSS should do all of the above