

Lifting and Positioning / Body Mechanics

Name: _____

Date: _____

Match With Correct Definition

- | | |
|---|---|
| <p>1) _____ Unstable state Base of Support</p> <p>2) _____ State of Equilibrium</p> <p>3) _____ Center of gravity</p> | <p>a) center of gravity is outside the base of support. Occurs when you lean or bend over without counterbalancing your weight</p> <p>b) point at which the entire weight of the body is concentrated</p> <p>c) that area beneath a body used by the body supporting structures; broadens as you spread your feet apart.</p> <p>d) state achieved when center of gravity is within the base of support.</p> |
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True or False

- 4) _____ When changing student's diaper, the changing table should be kept in its lowest position at all times in case student rolls off.
- 5) _____ When transferring from changing table to wheelchair, the changing table should be lower than the wheelchair.

Multiple Choice

- 6) _____ Which of the following steps do you do first when assisting a student out of a wheelchair?
- Remove lap belt
 - Remove feet straps
 - Secure brakes
 - Remove safety harness
- 7) _____ When performing a 2 person transfer from a wheelchair unto the changing table, which person counts off?
- The shorter person at the legs
 - The taller person at the head
 - It makes no difference, either person can countoff
 - The shorter person at the head
- 8) _____ Which of the following is not correct for transporting a student in a wheelchair on the school bus?
- Ensure all safety straps are properly secured
 - Secure wheelchair breaks
 - remove lap tray
 - Allow the student to propel himself on and off of the lift

- 9) _____ The main purpose of alternating student position throughout the day is to?
- a) Minimize pressure areas resulting from student's inability to move, thus reducing tissue and nerve injury
 - b) To relieve pressure on a body area
 - c) To prevent contractures and to maintain body alignment
 - d) all of the above