Back Safety for Healthcare Workers

1. What does not causes a strain?

**a. Over stretching**

b. Bending and lifting correctly

c. Slouching & caring extra body weight

d. all of the above

1. Sprains are caused by sudden movements or over twisting. This is called a ligament injury because the muscles don’t have time to react.

 True or False

 3. A pinched nerve can cause all but:

1. Pain down the leg
2. Numbness
3. Back pain
4. Bruising

4. You should always twist your back when moving a patient.

 True or False

5. When carrying a heavy object you should always:

1. Keep your feet close together
2. Move your feet don’t twist your back
3. Relax your abdominal muscles
4. Keep the object far from your body

6. When a patient is falling you should:

1. Try to catch the patient
2. Try to slow the fall by lowering to the floor
3. Protect yourself
4. Try to lift the patient from the floor

7. When moving a patient from the bed to the wheelchair you should:

1. Lower the bed
2. Put the wheelchair at the head of the bed
3. Lock the wheels
4. All of the above

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8. Some important ways to reduce stress on your back are:

1. Maintaining weight and exercise on a daily basis
2. Wearing high heels
3. Slouching
4. Caring a pocketbook on your shoulder

9. Standing puts less stress on your body than sitting

 True or False

10. When transferring a patient never:

1. Use a drawsheet
2. Use incontinence pads
3. Use slippery sheets
4. Use a plastic bag
5. None of the above

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