



Manual Handling at Work

1. Which one of the following is Not classified as a manual handling activity?

- Throwing
- Pushing
- Carrying
- Pulling

2. Which kind of injury is the most common when manual handling?

- Broken limbs
- Sprains
- Headaches
- Musculoskeletal disorders

3. To ensure maximum stability, how should you position your feet when lifting?

- With your feet together
- One in front of the other
- With feet apart on tiptoes
- With your feet apart and flat on the floor

4. When carrying a load, which one of the following would make it more difficult to handle?

- If the load is in a square box
- If the load is stable
- If the load is heavier on one side
- If the load is in a sturdy container

5. What is the optimum height for heavy objects that are being moved in and out storage?

- Floor level
- Shoulder height
- Waist height
- Head height

Manual Handling Quiz

Mark Steyvers

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

Manual Handling Quiz:

Instructor's Manual United States. Office of Civilian Defense. Training Section,1942 **Instructor's Manual** United States. Office of Civilian Defense,1942 *Moodle 2+: The Quiz Engine* , **Nursing Care and the Activities of Living** Ian Peate,2010-01-19 This book gives a practical focus to the underpinning theory of nursing in order to help students through the academic part of their undergraduate course as well as their placement The book is based on the activities of living model so each activity has its own chapter allowing readers to dip in and out It is essential reading for students enabling them to understand and manage the many clinical issues they face on a daily basis when nursing adults on wards in clinics and in the community setting **Clinical Skills in Nursing** Sally Glen,Maggie Nicol,1999-11-11 Today s nursing students spend little time on clinical placement in hospital wards where previous generations learned most of their skills This has led to concerns that newly qualified nurses are no longer being equipped with the necessary expertise to fulfil their professional role A number of different institutions in the UK have responded to this challenge Bringing together some of their experiences this book focuses on the central issues concerned with planning implementing and evaluating clinical skills teaching and learning **The Illustrated Guide to Safe Patient Handling and Movement** Audrey Nelson (PhD.),Ms. Kathleen Motacki,Nancy Nivison Menzel,2009-03-27 Print CourseSmart **Maintain Business Resources** Helen Burnie,2003 **The Illustrated Guide to Safe Patient Handling and Movement** Audrey L. Nelson,Kathleen Motacki,Nancy Menzel,2009-03-27 Named a 2013 Doody s Core Title This is a good reference for the varied healthcare professionals who must move and transfer patients The book is clear and well written with illustrations to strengthen the narrative Doody s The evidence based methods suggested in these pages protect nurses from injury and ultimately improve patient care M Elaine Tagliareni EdD RN President National League for Nursing Ancillary materials include new DVD and Instructor s Guide Please note DVD contains digital videos only no audio track Qualified instructors may email textbook springerpub com to request instructor s guide As a nurse you are all too familiar with heavy lifting sustained awkward positioning excessive reaching and static posturing With this comprehensive volume Nelson Motacki and Menzel show you that there is another way Learn about the new techniques and technologies specifically designed to reduce caregiver and patient injuries The authors present the Evidence Based Safe Patient Handling Program a practical system of guidelines to be used in numerous clinical settings Each chapter explains how to apply the program to specific clinical settings such as medical and surgical critical care orthopaedics pediatrics labor and delivery rehabilitation settings the perioperative suite and nursing homes Implement the components of the program to multiple clinical settings Assessment Learn to evaluate the patient s body strength and about other conditions that affect the patient handling task Care Plan Outline the safest way to accomplish the required task based on the assessment Algorithms Learn the step by step problem solving procedures for carrying out patient handling activities safely Photos and videos illustrate the techniques The included DVD and photographs

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