

Body Mechanics Training Test

Instructions: Please circle the answer to each question. Twelve correct answers (80%) are required to pass this course. Once you have completed the test, turn into your manager.

1. The basic function of the back is to:
 - a. Provide Support for the upper body
 - b. Protect the spinal cord
 - c. Allow for movement
 - d. All of the above
 - e. None of the above

2. When lined up correctly, the vertebrae make up one straight line.
 - a. True
 - b. False

3. The major risks for back injury are position, force, and repetition.
 - a. True
 - b. False

4. The more flexible you are, the more likely you will suffer from back problems.
 - a. True
 - b. False

5. When sleeping on your back, you should prop up your legs with a pillow to keep the spine in its natural curve.
 - a. True
 - b. False

6. Some causes of Back Disorders include:
 - a. Poor body mechanics,
 - b. Extra weight, poor muscle tone, lack of exercise
 - c. High Heels, Stress, poor posture
 - d. Poor nutrition, smoking
 - e. All of the above

7. The further you are from the load you're lifting, the easier it is on your back.
 - a. True
 - b. False

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8. Taking frequent breaks and stretches can reduce stress on the back
 - a. True
 - b. False

9. Staying in one position can reduce back injuries
 - a. True
 - b. False

10. Avoid weight bearing exercises because they will increase the strain on your back, putting you at further risk of injury.
 - a. True
 - b. False

11. When standing for long periods of time, you should:
 - a. Stand with your legs in a locked position
 - b. Stand with your feet close together
 - c. Place a foot on an elevated surface from time to time
 - d. All of the above
 - e. None of the above

12. Posture with a backward arch stretches the front of the vertebrae and improves back health.
 - a. True
 - b. False

13. Body mechanics is about how we move our bodies.
 - a. True
 - b. False

14. Being a “couch potato” is the best thing to keep our backs healthy.
 - a. True
 - b. False

15. Standing or walking in high heels deepens the curve in the lower back, forcing the bottom of the pelvis to tilt backward to keep the body balanced.
 - a. True
 - b. False



Training Unit
Answer Sheet

Name: _____ Signature: _____

Agency: _____ Work Location: _____

Date: _____

- Course (Circle one):**
- | | |
|---|---------------------------------|
| Blood Borne Pathogens/Infection Control | Cultural Competency & Diversity |
| HIPAA Privacy & Security | Environmental Safety |
| Person Centered Planning | De-Escalation Skills |
| Corporate Compliance | Limited English Proficiency |
| Recipient Rights | Trauma Informed Care |
| Body Mechanics | Appeals and Grievances |

I attest, by filling out below, that I have reviewed the content for the circled course above and have completed the test to the best of my ability.

Once you have completed the test, turn into your manager.

Choose the one best answer for each question. Mark your answer below by circling the appropriate letter for each question.

- | | | | | | | | | | | | |
|----|---|---|---|---|---|----|---|---|---|---|---|
| 1 | A | B | C | D | E | 14 | A | B | C | D | E |
| 2 | A | B | C | D | E | 15 | A | B | C | D | E |
| 3 | A | B | C | D | E | 16 | A | B | C | D | E |
| 4 | A | B | C | D | E | 17 | A | B | C | D | E |
| 5 | A | B | C | D | E | 18 | A | B | C | D | E |
| 6 | A | B | C | D | E | 19 | A | B | C | D | E |
| 7 | A | B | C | D | E | 20 | A | B | C | D | E |
| 8 | A | B | C | D | E | 21 | A | B | C | D | E |
| 9 | A | B | C | D | E | 22 | A | B | C | D | E |
| 10 | A | B | C | D | E | 23 | A | B | C | D | E |
| 11 | A | B | C | D | E | 24 | A | B | C | D | E |
| 12 | A | B | C | D | E | 25 | A | B | C | D | E |
| 13 | A | B | C | D | E | | | | | | |

Instruction for Manager: If CLS or B-Contract, grade and keep for your own records. Records will be reviewed during site visits.

If A-Contract, send completed (ungraded) answer sheet to the Training Unit.

Grade*: _____ out of _____ *must equal 80% or above to pass **Manager Initials** _____