**Lifting and Moving Clients: A Simple Way to Protect Your Back**

**POST TEST**

**Print Your Full Name Here:**

**Date Course Completed:**

**I certify that I have completed the entire online module of this course.**

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**HCA Signature**

**Please note: If you have any questions about the content of the course please indicate them on the bottom of this test form and we will be in touch to answer the questions.**

**Instructions**: Completely fill in the circle for the most correct response to each question.

1. You can reduce your risk of back injury by:
	1. Understanding the back and it’s natural curves
	2. Using proper body mechanics when working
	3. Doing back strengthening exercises
	4. All of the above
2. **True or False:** A draw-sheet is an assistive device that Is placed under the client and allows you to move them with ease and safety
	1. True
	2. False
3. When lifting a heavy load, you should:
	1. Get close to the load and tighten the abdominal muscles
	2. Stand three feet away and tug hard
	3. Both
4. When getting ready to assist your client to a wheelchair you should:
	1. Not tell them what you’re doing as this will scare them
	2. Have them place their hands around your neck
	3. Instruct them to just relax and let you do all the lifting
	4. Ask them to assist in the transfer as much as they can
5. **True or False:** Bending from the waist prevents strains and fatigue.
	1. True
	2. False
6. Preventing back or body injuries while working in the client’s home might include:
	1. Keeping within your company’s lifting policies
	2. Keeping your knees bent when lifting
	3. Keeping your back straight
	4. All of the above
7. If your client begins to fall you should:
	1. Catch them so they do not get injured
	2. Leave their side and tell them to wait while you get a chair for them to sit on
	3. Grasp the gait belt, if they are wearing one, and gently guide them down to the ground
	4. All of the above

**Do you have any questions about the material covered in this online course?**

**Mail completed test to:**

**Hera Hub**

**Attn: Seniors Helping Seniors**

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