Student Exercise

Complete the following short-answer questions.

1. Define body mechanics.

2. List five reasons why good body mechanics are important for the In-Home Aide.

   a.

   b.

   c.

   d

   e.

3. Why does the In-Home Aide use a lift sheet to lift a dependent client rather than slide him over the sheets?

Circle the letter that corresponds with the correct answer.

4. A key point of good body mechanics is to stand with feet ____.

   a. apart (about 18 inches) with one foot at a right angle
   b. apart (about 18 inches) with one foot slightly ahead of the other
   c. close together (about 3 inches) with one foot at a right angle
   d. close together (about 3 inches) with one foot slightly ahead of the other

5. When lifting an object or picking something up off the floor, strain to your spine is reduced if you ____.

   a. keep legs straight
   b. flex your feet
   c. squat down
   d. bend over