

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

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** _____