Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1)** Which of the following statements is **false**?

A. Injured ligaments can take a few weeks or more to heal, depending on proper rest and treatment.

B. Injured back muscles take under two weeks to heal.

C. Spinal disc injuries are extremely painful, and not all disc problems improve without surgery.

D. Back and shoulder injuries make up half of the injuries among nursing assistants.

**2)** Choose all that apply. Early indications of MSDs include \_\_\_\_\_\_\_.

A. Persistent pain

B. Restriction of joint movement

C. Skin irritation and discoloration

D. Soft tissue swelling

**3)** Choose all that apply. Which of the following are risk factors for musculoskeletal injury?

A. Frequently reaching above the shoulders

B. Lifting a patient or resident using just one side of your body

C. Catching a patient or resident who falls while walking

D. Turning cranks on beds and hoists

E. Repeatedly bending over to feed a patient or resident

**4)** Before any patient or resident lifting or repositioning task, \_\_\_\_\_ must assess the needs and abilities of the patient or resident involved.

A. An RN

B. A doctor

C. Management

D. Whoever is available

**5)** Choose all that apply. A patient or resident needs assessment gathers which of the following?

A. Size and weight

B. The ability and willingness to understand and cooperate

C. Existing health conditions that may influence lifting decisions

D. The general level of assistance required

**6)** Which of the following choices is not a component of a written program for patient or resident transfer?

A. Color coding of patient or resident lift requirements

B. Patient or resident segregation based on needs

C. Patient or resident entertainment preferences

D. Additional staffing during peak periods

**7)** Adequate quantities and placement of lifting and transfer equipment are critical to support a safe lifting program.

A. True

B. False

**8)** The two main categories of mechanical lifts are a sling-type full lift and \_\_\_\_\_.

1. A lateral slip and roller sheet
2. A trapeze hoist
3. A motorized sliding board
4. A lean-stand assist lift

**9)** Choose all that apply. An overhead track mounted lift is primarily used by patients or residents with which dependency level?

A. 0

B. 1

C. 3

D. 4

**10)** Select all that apply. If changes are made to the care plan of a hard-to-handle patient or resident, they must \_\_\_\_\_.

A. Be agreed upon by doctors and nurses

B. Be consented to by the patient or resident and/or family or guardians

C. Be thoroughly documented throughout the process

**11)** A patient needs a transfer between a chair and a wheelchair. The patient is capable of bearing partial weight, but is not cooperative with staff. What course of action is required of the caregivers?

A. Caregivers provide basic assistance as needed.

B. One caregiver uses the powered standing assist lift.

C. One caregiver uses the stand and pivot technique using a gait/transfer belt.

D. Two caregivers use the full body sling lift.

**12)** A patient needs a lateral transfer. The patient weighs under 100 lbs and is not self-sufficient. What course of action is required of the caregivers?

A. Caregivers provide basic assistance as needed.

B. One caregiver uses a powered standing-assist lift.

C. One caregiver uses a gait/transfer belt.

D. Two caregivers use a lateral sliding aid.

**13)** A patient needs a transfer from a chair to a stretcher. The patient is cooperative and partially capable of bearing her own weight. What course of action is required of the caregivers?

A. If the stretcher can be positioned to a low level, one caregiver uses a non-powered stand-assist aid. If not, the caregiver uses a full-body sling lift.

B. Caregivers provide basic assistance as needed.

C. One caregiver uses a gait/transfer belt.

D. At least two caregivers use a full-body sling lift.

**14)** A patient needs to be repositioned in bed. The patient is capable of partial assistance, but weighs over 200 lbs. What course of action is required of the caregivers?

A. Caregiver assistance is not needed—the patient can use the positioning aid if desired.

B. Three caregivers use a friction-reducing device.

C. Two to three caregivers use a friction-reducing device.

D. At least two caregivers use a full-body sling lift or a friction-reducing device.

**15)** A patient needs to be repositioned in a non-reclining chair. The patient is cooperative but incapable of assisting. What course of action is required of the caregivers?

A. Caregivers provide basic assistance as needed.

B. If the patient has upper body strength in both arms, have the patient lift himself or herself up while the caregiver pushes the patient’s knees to reposition. If the patient lacks sensation, communicate with the patient when to reposition.

C. Tip the chair back and use a friction-reducing device and two caregivers.

D. Use a full-body sling lift or a non-powered stand-assist aid with one or two caregivers.

**16)** A patient needs to be lifted off the floor. The patient suffered a minor injury from the fall and requires assistance to get up. What course of action is required of the caregivers?

A. One caregiver uses a full-body sling lift.

B. Two or more caregivers use a full-body sling lift.

C. Two or more caregivers use a lean-stand assist.

**Answer Key**

1. B

2. A, B & D

3. A, B, C, D & E

4. A

5. A, B, C & D

6. C

7. A

8. D

9. C & D

10. A, B & C

11. D

12. D

13. A

14. B

15. D

16. B