

# 6

## Safety and Body Mechanics

### 1. Explain the principles of body mechanics

#### Labeling

Complete the illustration by labeling each part with the words listed below.

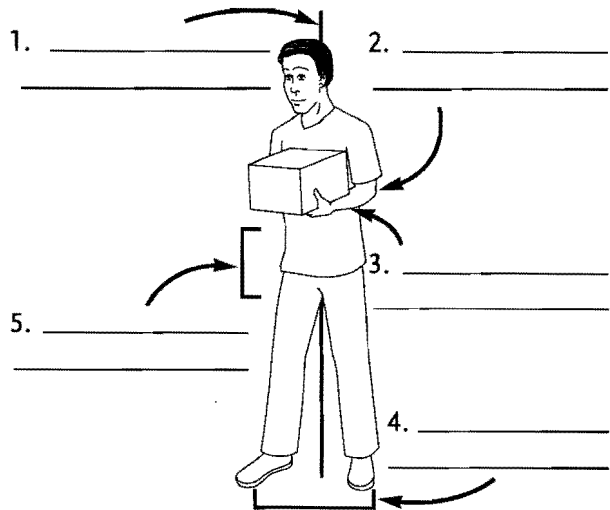
Alignment

Base of support

Center of gravity

Fulcrum

Lever



### 2. Apply principles of body mechanics to daily activities

#### Short Answer

- Looking at the illustrations in the next column, which drawing shows the correct way to lift objects? Why is it correct?

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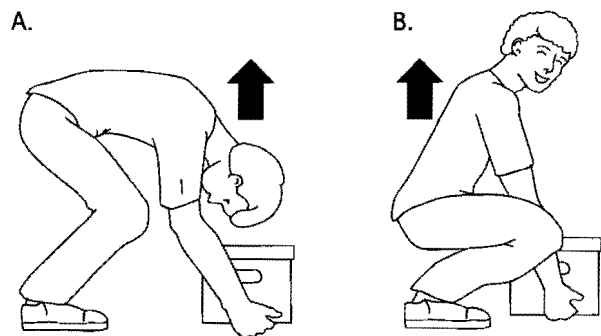
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#### True or False

- \_\_\_\_\_ Back injury is a serious problem that home health aides face.
- \_\_\_\_\_ Using proper body mechanics can help save energy and prevent injury.
- \_\_\_\_\_ When lifting an object, it is safer to hold it far away from the body.
- \_\_\_\_\_ Feet should be pointed toward the object that a person is lifting.
- \_\_\_\_\_ Keeping the feet close together gives the body the best base of support and keeps a person more stable.
- \_\_\_\_\_ Lifting objects is safer than pushing objects.
- \_\_\_\_\_ Knees should be bent when helping a client stand up.
- \_\_\_\_\_ Twisting at the waist when lifting an object is safer than turning the entire body.

### 3. List ways to adapt the home to principles of proper body mechanics

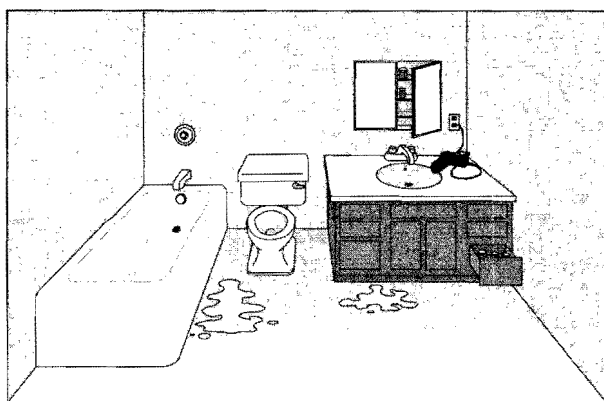
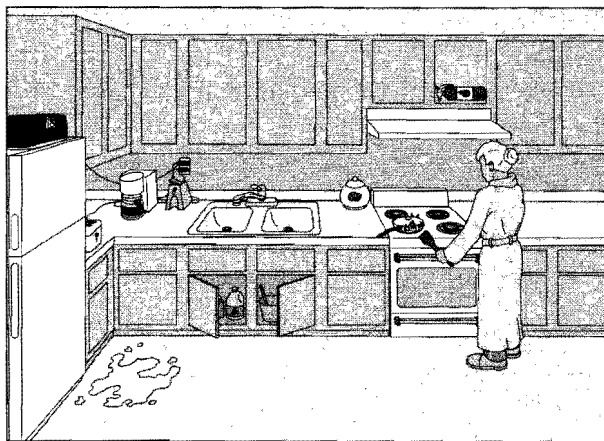
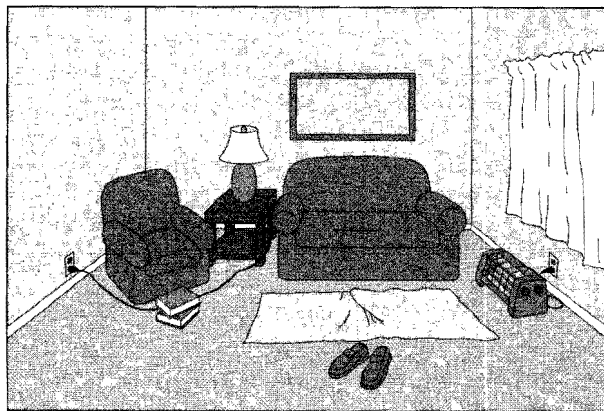
#### Multiple Choice

- How should a home health aide reach an object on a high shelf?
  - Stand on her tiptoes
  - Use a stepstool
  - Climb on the closest counter
  - Use an umbrella
- When sitting for long periods of time, legs should not be crossed because
  - It disrupts the alignment of the body
  - It can wrinkle a person's clothing
  - It is unprofessional
  - HHAs must stand while working
- To be more comfortable doing tasks that require standing for long periods of time, an HHA can
  - Sit down every five minutes
  - Hop on one foot
  - Jump up and down
  - Place one foot on a footrest
- Frequently used tools and supplies should be placed
  - On shelves or counters to reduce the need for bending
  - On the floor to reduce the need for straining to reach
  - In boxes where they will be out of the way
  - In the attic
- To clean a bathtub, an HHA should
  - Bend over
  - Stand upright
  - Kneel
  - Sit inside the tub

### 4. Identify five common types of accidents in the home

#### Labeling

- In the following illustrations, circle everything that you can find that is unsafe.



#### True or False

- \_\_\_\_\_ Adjustable beds should be raised to their highest position each time the home health aide has finished with care.
- \_\_\_\_\_ Older people are often more seriously injured by falls because their bones are more fragile.
- \_\_\_\_\_ Older adults or people with loss of sensation due to paralysis or diabetes are at the greatest risk of burns.

5. \_\_\_\_\_ Clients should be sitting down before hot drinks are served to help prevent scalds.
6. \_\_\_\_\_ Infants should sleep on their backs to prevent sudden infant death syndrome (SIDS).
7. \_\_\_\_\_ To avoid choking, clients should eat in a slightly reclined position.
8. \_\_\_\_\_ To promote safety in the kitchen, pot handles should be turned toward the back of the stove.
9. \_\_\_\_\_ A client who is ill and weak should not be left alone in a tub.
10. \_\_\_\_\_ Keeping the floor free from clutter and electrical cords helps prevent falls.

### 5. List home fire safety guidelines and describe what to do in case of fire

#### Short Answer

1. List four things that could be fire hazards.

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2. What is important to remember about clothing while working near the stove?

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3. How often should the smoke alarm be checked?

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4. RACE is an acronym that stands for

R: \_\_\_\_\_

A: \_\_\_\_\_

C: \_\_\_\_\_

E: \_\_\_\_\_

5. PASS is an acronym that stands for

P: \_\_\_\_\_

A: \_\_\_\_\_

S: \_\_\_\_\_

S: \_\_\_\_\_

6. Explain the fire safety technique "stop, drop, and roll."

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### 6. Identify ways to reduce the risk of automobile accidents

#### Multiple Choice

1. When driving to a new client's house, a home health aide should
  - (A) Study the map while driving there
  - (B) Plan the route before leaving
  - (C) Call the client to discuss the day's assignments beforehand
  - (D) Text a friend for directions

2. While driving, it is best to
  - (A) Keep eyes on the road and hands on the steering wheel
  - (B) Call friends to pass the time more quickly
  - (C) Drive quickly so that there will be more time at the client's home
  - (D) Send text messages to confirm the day's schedule
3. When backing up in a car, the home health aide should
  - (A) Only use the rearview camera
  - (B) Back up quickly
  - (C) Check the rearview camera and turn her head to look behind her
  - (D) Use her instincts to tell her if someone is behind her
4. Driving at a safe speed means
  - (A) Exceeding the speed limit
  - (B) Making adjustments for road or weather conditions
  - (C) Driving faster if it is snowing
  - (D) Going 10 miles per hour under the speed limit
5. Seat belts should always be worn because
  - (A) They prevent accidents
  - (B) They help protect a person if an accident occurs
  - (C) They make the person look more professional
  - (D) They make it safer to drive much faster

### 7. Identify guidelines for using a car on the job

#### True or False

1. \_\_\_\_ It is not necessary for a home health aide to keep track of the miles he drives for work.
2. \_\_\_\_ A home health aide's car should be serviced regularly.
3. \_\_\_\_ Proof of registration should be kept in the car at all times.
4. \_\_\_\_ Proof of insurance should be kept at home where it will be safe.

Name: \_\_\_\_\_

5. \_\_\_\_ Valuables should be put out of sight if they must be left in the car.
6. \_\_\_\_ All doors should be locked while driving and before leaving the car.

### 8. Identify guidelines for working in high-crime areas

#### Multiple Choice

1. A home health aide is going to visit a client who lives in a high-crime area. She has been to this client's apartment before, but today as she drives up, she notices three men she does not know who are standing on the sidewalk in front of the client's apartment. They are watching her as she slows down in front of the client's apartment. What should the home health aide do?
  - (A) Ignore them and park the car
  - (B) Keep driving past and use her phone to call her supervisor
  - (C) Stop and ask them what they are doing in front of the client's apartment
  - (D) Ask them if they know if her client is at home
2. A home health aide is getting ready to leave a client's home as it begins to get dark. Her client lives in a large house on a street that is not well lit. She has parked next to the nearest street light, which is two houses down. What should she do on the way to her car?
  - (A) Run to the car
  - (B) Keep her keys inside her purse
  - (C) Hold her purse or bag away from her body
  - (D) Walk confidently and look as if she knows where she is going