“Kindness in Motion” Safe Patient Handling and Mobility Quiz

1. Along with being kind to our patients/residents, we also need to be kind to ________________.

2. The best stance to have when moving a patient/resident is a ________________ because it provides more leverage and a stable base to work from.
   a. wide stance (legs wide apart and feet directly across from each other)
   b. staggered stance (legs wide apart with one foot in front of the other)
   c. straight stance (legs together with no bend in the knees)

3. True or False? Pulling a patient is the same as lifting them.

4. SPH, which stands for Safe Patient Handling, also stands for: (Fill in the blanks.)
   S – ________________ stance.
   P – ________________, don’t ______________.
   H – ________________ a neutral posture.

5. Before transferring with a gait belt, what must the patient/resident be able to do?
   a. bear weight on their legs for 4 seconds or more
   b. put on their own gait belt
   c. request the caregiver transfer them with a gait belt

6. Never ________________ when performing a gait belt transfer.
   a. tell the patient/resident to push off with their arms and put their nose over their toes
   b. allow the patient/resident to put their arms around your neck or waist
   c. use a staggered stance with your leg between the patient’s legs

7. True or False? The safest way to do a two person gait belt transfer is to have each caregiver hook one arm under each of the patient’s arms and lift the patient up with their free hands holding onto the patient’s gait belt (“hook and transfer”).

8. True or False? The safest way to operate a mechanical lift is with two people.

9. Use ________________ to move a mechanical lift.
   a. your body weight
   b. your upper body only
   c. the patient

10. True or False? The same body mechanics (S, P, H) apply when using a mechanical lift to move a patient/resident.
11. Mechanical lifts should be inspected______________ for debris build-up around the wheels and rips and tears in the lift slings.
   a. every 3 months
   b. before each use
   c. once a year

12. A friction-reducing device is used to ________________.
    a. lift a patient up in bed
    b. transfer a patient/resident to the toilet
    c. reposition a patient/resident in bed by sliding them

13. The safest way to perform a lateral transfer is:
    a. Raise the bed if able or position body to maintain good body mechanics; use a lateral transfer device; if applicable, lock the wheels on the bed as well as on the cot/bed you are transferring to; transfer with another caregiver; hold a neutral posture; communicate with your partner to the count of three; pull the patient toward you using your whole body weight.
    b. Same as above, but only push instead of pull the patient.
    c. Grab the draw sheet or incontinence pad and pull the patient over with the help of as many co-workers as it takes.

14. True or False? If you are ambulating a patient and they begin to fall, grab the back of their gait belt and hold them up until they regain their balance or help arrives.

15. If a nurse assesses that a fallen patient/resident can bear weight and assist in getting up, the best method to use is:
    a. Have at least two caregivers assist. Apply a gait belt. One caregiver lifts the gait belt from behind and the other lifts the gait belt from the front/side on the count of three.
    b. Have the patient/resident roll onto their side and sit up. Put a gait belt on them for stand-by assistance. Instruct them to go to their hands and knees and hold onto a stable chair or other sturdy surface, while rising to their feet.
    c. Use two caregivers, one on each side while the patient/resident is sitting on the floor, and have them hook one arm under each patient/resident arm, while their other hand grasps the gait belt and lifts the patient/resident up and onto their feet on the count of three.
“Kindness in Motion” SPHM Quiz Answers

1. Ourselves

2. b. staggered stance

3. False

4. Staggered
   Pull, lift
   Hold

5. a. bear weight on their legs for 4 seconds or more

6. b. allow the patient/resident to put their arms around your neck or waist

7. False

8. True

9. a. your body weight

10. True

11. b. before each use

12. c. reposition a patient/resident in bed by sliding them

13. a. Raise the bed if able or position body to maintain good body mechanics; use a lateral transfer device; if applicable, lock the wheels on the bed as well as on the cot/bed you are transferring to; transfer with another caregiver; hold a neutral posture; communicate with your partner to the count of three; pull the patient toward you using your whole body weight.

14. False

15. b. Have the patient/resident roll onto their side and sit up. Put a gait belt on them for stand-by assistance. Instruct them to go to their hands and knees and hold onto a stable chair or other sturdy surface, while rising to their feet.

Our safety evaluations, reports and recommendations are made solely to assist your organization in reducing hazards and the potential of hazards and accidents. These recommendations were developed from conditions observed and information provided at the time of our visit. They do not attempt to identify every possible loss potential, hazard or risk, nor do they guarantee that workplace accidents will be prevented. These safety evaluations, reports and recommendations are not a substitute for ongoing, well-researched internal safety and risk management programs. This report does not warrant that the property inspected and its operations are compliant with any law, rule or regulation.

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