



## BODY MECHANICS

### TRUE OR FALSE

- |   |   |     |  |
|---|---|-----|--|
| T | F | 1.  | When reaching for a high object, you can decrease the distance to each by using a footstool.                 |
| T | F | 2.  | An object is easier to carry if it is held out away from the body.   |
| T | F | 3.  | A good base of support is not necessary for body alignment.  |
| T | F | 4.  | The feet should be parallel and approximately 12 to 18 inches apart for proper posture for listing.          |
| T | F | 5.  | Movement is most effective if it is smooth, rhythmic, and coordinated.                                       |
| T | F | 6.  | Stooping does not require the back to be keep straight.  |
| T | F | 7.  | It is important to use your body weight when pushing and pulling objects.                                    |
| T | F | 8.  | In turning the body, it is best to keep the feet securely placed in one position.                            |
| T | F | 9.  | The habitual use of poor alignment and balance is fatiguing.   |
| T | F | 10. | In order to lift and carry an object, you must tighten your muscle and carry the object away from your body. |
| T | F | 11. | When stooping, keep both feet together to maintain balance and support.                                      |
| T | F | 12. | When pivoting correctly, the body must move as a single unit to avoid strain.                                |

Continued...

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### **MULTIPLE CHOICE: CHOOSE THE BEST ANSWER**

13. Guidelines for body movement include all of the following, EXCEPT:
- a. Keep the work close to the body
  - b. Maintain alignment and balance
  - c. Work at a lower height.
  - d. Use coordinated, smooth movements
14. Which of the following statement is NOT a guideline for good movements?
- a. Maintain alignment and balance
  - b. Work at a comfortable height
  - c. Keep the work at a distance to avoid soiling your clothing
  - d. Use smooth, coordinated movements
15. To ensure good stability of the base of support of the body, the feet should be positioned
- a. Parallel and very close together
  - b. About 8 inches apart, one a little ahead of the other
  - c. About 8 inches apart, toes pointed laterally
  - d. Parallel and at least 2 feet apart
16. Check points for good body alignment include all of the following EXCEPT:
- a. Even weight on both feet
  - b. Straight knees
  - c. Good base of support
  - d. Erect head

\*\*\*End\*\*\*