Body mechanics

1. Body mechanics refers to:
   A) Performing surgery
   B) Efficient use of body to prevent injury
   C) Taking medicines
   D) Doing massage

2. The primary goal of body mechanics is to:
   A) Lose weight
   B) Prevent injury and ensure efficiency
   C) Increase height
   D) Build muscles

3. The center of gravity in a standing adult is located at:
   A) Head
   B) Stomach
   C) Pelvic area
   D) Feet

4. Base of support refers to:
   A) Furniture base
   B) Area between feet when standing
   C) Mattress
   D) Floor area

5. To lift a heavy object, one should:
   A) Bend at the waist
   B) Bend at knees and keep back straight
   C) Twist spine
   D) Pull it

6. Body alignment is also known as:
   A) Muscle tone
   B) Posture
   C) Support
   D) Circulation

7. Proper posture helps in:
   A) Making body heavy
   B) Reducing strain and improving balance
   C) Causing backache
   D) Bone fractures

8. Which position uses proper body mechanics for lifting?
   A) Standing on toes
   B) Squatting with straight back
   C) Bending forward
   D) Twisting waist

9. When moving a patient, always:
   A) Use leg muscles, not back
   B) Pull with force
   C) Bend the back
   D) Twist shoulders

10. The line of gravity should:
    A) Be behind the body
    B) Be near the neck
    C) Fall within base of support
    D) Be in arms

11. In standing position, the line of gravity passes through:
    A) Eyes
    B) Neck
    C) Midline of the body
    D) Shoulders

12. Repetitive incorrect posture may lead to:
    A) No effect
    B) Musculoskeletal injuries
    C) Better balance
    D) Clear vision

13. Which technique ensures safety during patient transfer?
    A) Fast pulling
    B) Proper lifting and good grip
    C) One-hand movement
    D) Sudden shift

14. When turning a patient in bed, use:
    A) One arm
    B) Wide stance and pivot
    C) Twist wrist
    D) Bend back

15. Proper body mechanics reduce risk of:
    A) Cough
    B) Vomiting
    C) Muscle strain
    D) Headache

📘 *Positions and Transfers (Q16–30)*

16. Fowler's position means:
    A) Supine
    B) Head elevated 45–60 degrees
    C) Prone
    D) Side-lying

17. Semi-Fowler's is ideal for:
    A) Cardiac arrest
    B) Breathing comfort
    C) Sleeping
    D) CPR

18. Lithotomy position is used for:
    A) Chest exam
    B) Pelvic examination
    C) Abdominal surgery
    D) Back pain

19. Trendelenburg's position is helpful in:
    A) Sitting
    B) Shock management
    C) Headache
    D) Coughing

20. Sims' position is mostly used for:
    A) X-rays

B) Rectal exams or enemas
C) Eye exams
D) Sleeping

21. Supine position is when:
    A) Lying on stomach
    B) Lying on back
    C) Sitting upright
    D) Standing

22. Prone position refers to:
    A) Standing
    B) Sitting
    C) Lying on abdomen
    D) Sleeping sideways

23. A gait belt is used for:
    A) Diagnosis
    B) Assisting in walking/mobility
    C) Urination
    D) Cleaning

24. Logrolling is done to:
    A) Massage back
    B) Turn patient with spinal injury
    C) Change dress
    D) Raise arm

25. The use of mechanical lift is required when:
    A) Staff is tired
    B) Patient is noisy
    C) Patient is heavy or immobile
    D) Patient is asleep

26. Two-person lift is recommended for:
    A) Light patients
    B) Non-cooperative or unconscious patients
    C) Sitting patient
    D) Feeding

27. Transferring from bed to wheelchair, the nurse should:
    A) Pull quickly

B) Lock wheelchair and use proper stance
C) Push from back
D) Roll patient

28. To prevent falls during transfer, nurse should:
    A) Yell loudly
    B) Stay close and support weak side
    C) Pull forcefully
    D) Let patient walk alone

29. While assisting ambulation, always use:
    A) Slippery floor
    B) Non-slip footwear and support
    C) Barefoot method
    D) Uneven surfaces

30. A transfer board is used to:
    A) Eat food
    B) Draw blood
    C) Move from bed to stretcher or chair
    D) Administer IV

📘 *Ergonomics, Injury Prevention, and Application (Q31–50)*

31. Repetitive strain injury can be prevented by:
    A) Ignoring pain
    B) Using good posture and taking breaks
    C) Sitting all day
    D) Carrying heavy loads

32. Which of the following prevents lower back injury?
    A) Lifting with knees bent
    B) Bending forward
    C) Carrying with one arm
    D) Twisting spine

33. The proper height for working at a bed is:
    A) At waist level
    B) Knee level

C) Floor level
D) Eye level

34. Reaching over the head frequently may cause:
    A) Better height
    B) Shoulder strain
    C) Headache
    D) Weak vision

35. Prolonged poor posture can result in:
    A) Chronic back pain
    B) Weight gain
    C) Strong bones
    D) Better height

36. To push an object, the best way is:
    A) From knees
    B) Keep back straight, bend knees slightly
    C) Lean forward
    D) Pull it backward

37. The safe lifting limit per person (approx) in nursing is:
    A) 10 kg
    B) 15 kg
    C) Around 23–25 kg
    D) 50 kg

38. Ergonomics is the science of:
    A) Muscles
    B) Designing work to fit human body
    C) Bones
    D) Sleep pattern

39. Best ergonomic position for desk work:
    A) Leaning forward
    B) Straight back, feet flat on floor
    C) Cross-legged
    D) Sitting sideways

40. Most common site of injury in nurses is:
    A) Hand
    B) Head

C) Lower back
D) Ankle

41. Prolonged standing without movement causes:
    A) Sharp vision
    B) Circulatory issues and fatigue
    C) Deep sleep
    D) Bright skin

42. While carrying load, the object should be:
    A) Far from body
    B) Close to body
    C) On head
    D) At arm’s length

43. While positioning patient, nurse should avoid:
    A) Good posture
    B) Twisting back
    C) Using support
    D) Communication

44. Bracing yourself before a lift means:
    A) Yelling
    B) Tighten abdominal muscles for support
    C) Holding breath
    D) Pushing object

45. A wide base of support gives:
    A) Weak balance
    B) Stability
    C) Height
    D) Poor posture

46. When helping a patient walk, nurse should:
    A) Walk behind
    B) Stand slightly behind and to the side
    C) Walk ahead
    D) Sit and guide

47. Manual lifting of heavy patients is discouraged due to:
    A) Noise
    B) High injury risk

C) Laziness
D) Skin problems

48. Frequent repositioning of patients prevents:
    A) Sleep
    B) Bedsores (pressure ulcers)
    C) Vision loss
    D) Vomiting

49. To push a wheelchair safely, the nurse should:
    A) Walk fast
    B) Use both hands and maintain straight posture
    C) Pull backward
    D) Walk sideways

50. Nurses can promote their own body mechanics by:
    A) Ignoring posture
    B) Stretching, posture checks, ergonomic tools
    C) Skipping breaks
    D) Carrying more weight

Answer Key

Body Mechanics

1. B) Efficient use of body to prevent injury
2. B) Prevent injury and ensure efficiency
3. C) Pelvic area
4. B) Area between feet when standing
5. B) Bend at knees and keep back straight
6. B) Posture

7. B) Reducing strain and improving balance
8. B) Squatting with straight back
9. A) Use leg muscles, not back
10. C) Fall within base of support
11. C) Midline of the body
12. B) Musculoskeletal injuries
13. B) Proper lifting and good grip
14. B) Wide stance and pivot
15. C) Muscle strain

Positions and Transfers

16. B) Head elevated 45–60 degrees
17. B) Breathing comfort
18. B) Pelvic examination
19. B) Shock management
20. B) Rectal exams or enemas
21. B) Lying on back
22. C) Lying on abdomen
23. B) Assisting in walking/mobility
24. B) Turn patient with spinal injury
25. C) Patient is heavy or immobile
26. B) Non-cooperative or unconscious patients
27. B) Lock wheelchair and use proper stance
28. B) Stay close and support weak side
29. B) Non-slip footwear and support
30. C) Move from bed to stretcher or chair

Ergonomics, Injury Prevention, and Application

31. B) Using good posture and taking breaks
32. A) Lifting with knees bent
33. A) At waist level
34. B) Shoulder strain
35. A) Chronic back pain
36. B) Keep back straight, bend knees slightly
37. C) Around 23–25 kg
38. B) Designing work to fit human body
39. B) Straight back, feet flat on floor
40. C) Lower back
41. B) Circulatory issues and fatigue
42. B) Close to body
43. B) Twisting back
44. B) Tighten abdominal muscles for support
45. B) Stability
46. B) Stand slightly behind and to the side
47. B) High injury risk
48. B) Bedsores (pressure ulcers)
49. B) Use both hands and maintain straight posture
50. B) Stretching, posture checks, ergonomic tools