

Chapter 27

1. Proper body mechanics means lifting the patient:
 - A) as quickly as possible.
 - B) in the easiest way.
 - C) using techniques of weight lifters.
 - D) in the most efficient way to prevent injuries to yourself.

2. Which of the following steps is NOT considered a safety precaution when lifting a patient?
 - A) Use your legs to lift.
 - B) Use your back to lift.
 - C) Assure firm footing when lifting.
 - D) Keep the weight as close to your body as possible.

3. The technique for aligning and extricating patients in difficult positions is called:
 - A) indirect lift.
 - B) jams and pretzels.
 - C) clothing drag.
 - D) anatomic repositioning.

4. Extrication is a term used to describe:
 - A) removal of broken dental work.
 - B) removal from potential avalanche areas.
 - C) delicate techniques designed to move patients without causing further injury.
 - D) a large depression in the snow caused by a fallen skier that could cause injuries.

5. An emergency move is used only when there is immediate danger to the patient, rescuer, or others. Which of the following does NOT present an immediate danger to the patient?
 - A) fire or danger of fire
 - B) explosives or other hazardous materials
 - C) multiple patients and limited toboggan capacity
 - D) inability to protect the patient from other hazards at the scene

6. What is your most important consideration during an emergency move?
- A) Use a long backboard.
 - B) Protect the patient's spine.
 - C) Keep the patient's airway open.
 - D) Perform the move as quickly as possible.
7. Which of the following steps is NOT proper procedure in moving a patient using an emergency move?
- A) Lift the patient by the belt.
 - B) Put the patient on a blanket and drag the blanket.
 - C) Pull on the patient's clothing in the neck and shoulder area.
 - D) Put your hands under the patient's armpits, grasp the forearms, and drag the patient.
8. The extremity lift should NOT be used for a patient:
- A) with a broken arm.
 - B) with a possible cut.
 - C) who has been stung by a bee.
 - D) who has fainted and is now conscious.
9. The direct carry is used to transfer a patient:
- A) with multiple bone injuries.
 - B) with possible spinal injuries.
 - C) who cannot be placed on a backboard.
 - D) from the ground or a bed to the toboggan or other transportation device.
10. A bridge lift for patient with possible spinal injury will:
- A) require at least two rescuers.
 - B) require two to three rescuers.
 - C) require four to six rescuers.
 - D) not be recommended at any time.
11. Which of the following is a good device to use to immobilize a patient with a suspected spinal injury?
- A) long backboard
 - B) scoop stretcher
 - C) portable stretcher
 - D) wheeled stretcher

12. A patient with a suspected spinal injury is sitting up against a tree in a position of least pain. Which of the following is recommended for immobilization?
- A) long backboard
 - B) short backboard or extrication vest
 - C) scoop stretcher
 - D) portable stretcher
13. What should you use to transfer a patient from a wheeled stretcher to a cot or bed in the aid room?
- A) bed sheet or blanket
 - B) direct carry
 - C) extremity carry
 - D) fore and aft carry
14. When transporting a patient in a toboggan, normally the patient is positioned:
- A) with the injury uphill.
 - B) with the injury downhill.
 - C) laying on the side of the body opposite the injury site.
 - D) it does not matter; speed is the most important issue.
15. When lifting a patient, you should:
- A) flex at the waist.
 - B) hyperextend your back.
 - C) lean back from the waist.
 - D) keep your back vertical with a slightly inward curve.
16. You need to move a sitting patient with no suspected spinal or extremity injury from a narrow space to a toboggan. What lifting technique should you use?
- A) direct carry
 - B) power lift
 - C) extremity lift
 - D) direct ground lift
17. The only time a patient should be moved before packaging is complete would be when:
- A) you receive another call.
 - B) police direct you to "hurry up."
 - C) the rescuer's or patient's life is in immediate danger.
 - D) your partner is busy with another patient.

18. Good body mechanics includes:
- A) using rotating and twisting actions when changing directions.
 - B) flexing your knees when working below the level of your waist.
 - C) using jerky movements to move equipment.
 - D) bending at the waist to lift a patient from the ground.
19. The efficient use of a scoop stretcher requires that:
- A) the patient's spine not be stabilized.
 - B) the patient is supine on a soft surface.
 - C) all moving parts are kept lubricated.
 - D) both sides of the patient be accessible.
20. Short backboards are used:
- A) when it is easier for you.
 - B) when weakness or paralysis is present.
 - C) for patients with possible spinal injuries.
 - D) for patients in a sitting position who need spinal immobilization.
21. With the shoulder girdle aligned over the pelvis during lifting:
- A) the weight is stacked on the vertebrae.
 - B) the muscles and ligaments of the spine have increased strain.
 - C) injuries to the back are increased.
 - D) the hands can be held a further distance from the body.
22. Proper lifting requires:
- A) arms to be extended out from the body.
 - B) feet about 15 inches apart.
 - C) bending at the waist.
 - D) tightening your back and relaxing your abdomen.
23. The proper technique for using the power grip is to:
- A) rotate the palms down.
 - B) position the hands about 8 inches apart.
 - C) lift with the palms up.
 - D) hold the handle with your fingers.

24. When carrying a patient on a backboard up or down stairs:
- A) the shorter rescuer should be positioned at the foot.
 - B) never attempt to carry a patient on a backboard down stairs.
 - C) the taller rescuer should be positioned at the foot.
 - D) the patient should be taken down stairs in a head-first position.
25. In order to facilitate a safe and coordinated move, the team leader should:
- A) use preparatory commands as needed.
 - B) position himself or herself at the feet so the team can hear.
 - C) never become involved in the move, just direct the move.
 - D) speak softly but clearly to avoid startling the patient.
26. Fewer than four rescuers should NOT lift more than:
- A) 150 lb.
 - B) 250 lb.
 - C) 325 lb.
 - D) 400 lb.
27. When transporting patient on a backboard, the patient should be:
- A) carried head first.
 - B) covered to hinder curious onlookers or avoid frightening the customers.
 - C) feet first.
 - D) pulled with a rope attached to the backboard.
28. A patient who is pregnant and needs to be immobilized should be transported:
- A) supine.
 - B) prone.
 - C) with her head down hill.
 - D) on her left side.
29. Which of the following should be based on time and the patient's condition, NOT your preference?
- A) traction
 - B) rapid extrication
 - C) type of short board
 - D) type of cervical collar

30. You should use rapid extrication to remove the patient when the scene is:
- A) a car.
 - B) clear.
 - C) secure.
 - D) threatening.
31. Immediate extrication and transportation are needed when a patient's condition is:
- A) safe.
 - B) stable.
 - C) unstable.
 - D) protected.
32. After gaining access to a patient in an automobile crash, you find that the patient has cold, clammy skin and difficulty breathing. There are no radial pulses, and the carotid pulse is weak and rapid. You should:
- A) rapidly extricate the patient.
 - B) apply oxygen and a short extrication collar.
 - C) rapidly apply the Kendrick extrication device.
 - D) perform a thorough assessment, including a detailed exam.
33. During a four-person log roll, the rescuer in charge is at the patient's:
- A) head.
 - B) chest.
 - C) waist.
 - D) lower extremities.

Answer Key

1. D
2. B
3. B
4. C
5. C
6. B
7. A
8. A
9. D
10. C
11. A
12. B
13. A
14. A
15. D
16. C
17. C
18. B
19. D
20. D
21. A
22. B
23. C
24. C
25. A
26. B
27. C
28. D
29. B
30. D
31. C
32. A
33. A