**Suggested Answers to Assignments, Chapter 13, Workplace Safety**

| Written Assignments | Learning Objective(s) |
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| Assignment #1. Students complete Chapter 13 of *Lippincott Workbook for Nursing Assistants*. | 1–12, |
| Assignment #2. Students’ responses could include:   * People moving too fast—move only as fast as you safely can * Appliances that are not grounded—use a three-pronged plug * Extension cords—avoid using, and keep cords out of walkways * Overloaded outlets—use a power strip * Frayed wires—do not use the appliance * Loose plugs—do not use the appliance * Smoking—smoke only in designated areas. Keep smoking materials away from children or confused persons * Flammable substances—do not use near a heat source * Bathroom appliances—avoid using appliances near tub or other source of water * Smoke detectors not functioning—replace battery or entire unit | 6, 7, 8 |

| Group Assignments | Learning Objective(s) |
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| Assignment #1. Student demonstrating good body alignment should:   * Stand with back in neutral position. * Curve of the lower spine should be intact. * A straight line should go through ear, shoulder, hip, knee, and ankle.   Students’ response should be:   * Good body alignment ensures no excess strain is placed on joints and muscles. | 3 |
| Assignment #2. Students demonstrate benefits of having a good base of support.  Response should be:   * Holding your center of gravity, or area of largest mass, close to your base of support gives more balance stability. | 2, 3 |
| Assignment #3. Students should do the following:   * Plan the lift * Widen the base of support * Bend knees * Tighten stomach muscles * Keep the load close to the body * Keep the back straight | 2, 3 |
| Assignment #4. Students should do the following:   * Stand behind the person * Place arms around the person’s torso * Pull person close to your body * Widen base of support, one foot behind the other * Allow person to slide down your body toward floor * Squat while supporting his body and head * Lower person to the floor * Assume a sitting position with person’s head in your lap | 6, |
| Assignment #5. Obtain SDS forms from local nursing homes or hospital to provide to the students for completion of this activity. | 7 |

| Clinical Assignments | Learning Objective(s) |
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| Assignment #1. Students watch Module 13 of *Lippincott Video Series for Nursing Assistants*. | 9, 10 |
| Assignment #2. Students will discuss the clinical site’s disaster preparedness plan with the member of the staff and will learn the role of the nursing assistant in carrying out this plan, such as evacuating residents or patients to safety. | 11 |

| Web Assignments | Learning Objective(s) |
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| Assignment #1. Students can access information by entering “fires in health care facilities” into their web site browser to find sites such as:  [www.nfpa.org](http://www.nfpa.org/) | 8, 9, 10 |
| Assignment #2. Students can access sites such as:     * <https://www.nsc.org/work-safety/safety-topics/workplace-violence> * <https://www.cdc.gov/niosh/topics/violence/default.html> * <https://www.bjs.gov/index.cfm?ty=pbse&sid=56> * [https://www.nursingworld.org/practice-policy/advocacy/state/workplace-violence2](https://www.nursingworld.org/practice-policy/advocacy/state/workplace-violence2/) * <https://images.search.yahoo.com/search/images;_ylt=AwrWiEbzyj5blQgAmAtXNyoA;_ylu=X3oDMTByNWU4cGh1BGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNlYwNzYw--?p=workplace+violence+statistics&fr=yfp-t> * <https://brandongaille.com/24-surprising-statistics-on-workplace-violence> | 12 |