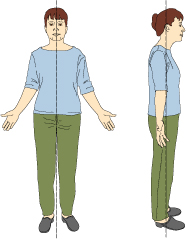
# Answers to Questions in the Workbook, Chapter 13, Workplace Safety

**Activity A MULTIPLE CHOICE**

* 1. a. Assisting a person out of bed
  2. b. Using coordinated body movement
  3. a. The torso
  4. b. Hips and thighs
  5. b. Back injury
  6. b. Emotional burnout
  7. d. Ergonomics

**Activity B INDICATE THE ALIGNMENT****

**Activity C SHORT ANSWER**

1. Increase your base of support by spreading your feet further apart.

2. Bring your center of gravity closer to your base of support by bending at the knees and hips, so that your torso is closer to your feet.

**Activity D SHORT ANSWER**

1.   
a. The weightlifter squats low to the ground, using their arms and shoulders to pull the weight close to their body at chest level.  
b. They then use their hips and legs to stand up with the weight.  
c. After becoming upright, they widen their base of support by moving one foot ahead of the other.

2.   
A. Plan your lift and ask for help if you need it.  
B. Stand close to the object and widen your base of support.  
C. Bend your knees and keep your back straight.  
D. Tighten your stomach muscles.  
E. Lift with your leg muscles.

**Activity E FILL IN THE BLANKS AND REORDER**

1. Getting Ready Actions

a. Gather needed supplies.

1. Provide privacy by closing the door and the curtain. Drape the person for modesty as appropriate.
2. Knock on the door and identify yourself by name and title to the person.
3. Identify the person, and greet them by name. Methods of identifying patients and residents will vary depending on where you work. Common methods of identifying people in health care facilities include wristbands and photographs.
4. See to safety. Take safety precautions by following standards of body mechanics, equipment use, and infection control. In procedures that involve getting a person out of bed, you will be instructed to lower the bed to its lowest position. This is to decrease the distance between the bed and the floor, should the person fall. In procedures that involve providing care while the person remains in bed, you will be instructed to raise the bed to a comfortable working height. This is to protect your back.

f. Perform proper hand hygiene. Apply gloves and follow standard precautions if contact with blood or body fluids is possible.

g. Explain the procedure and encourage the person to participate as appropriate. Show any visitors where they may wait, if necessary, until you have completed the procedure.

f

a

c

d

g

b

e

2. Finishing Up Actions

a. Confirm that the person is comfortable and in good body alignment.

b. Perform hand hygiene. If gloved, remove and discard the gloves following facility policy, and then wash your hands.

c. Open the curtain and door if desired by the patient or resident, and inform visitors that they may return to the room.

d. Leave the call light control, telephone, and fresh water within easy reach of the person.

e. Report and record actions as required by your facility.

f. See to safety. Return the bed to the lowest position, lock the wheels, and raise the side rails (if side rails are in use).

| a | d | f | c | b | e |
| --- | --- | --- | --- | --- | --- |

**Activity F FILL IN THE BLANKS**

1. surroundings

2. fluids

3. help

**Activity G SHORT ANSWER**

The steps involved to prevent injury to Mrs. Bowman are:

1. If a fall cannot be avoided, place your body behind her and place your arms around her torso, pulling her close to your body. Do not grab Mrs. Bowman’s arm in an attempt to prevent the fall, because doing so may actually cause you to injure Mrs. Bowman more extensively.

2. With her body pulled close to yours, widen your base of support by placing one foot behind the other, and allow her to slide down your body toward the floor.

3. As she slides down, squat while still supporting her body and gently lower her to the floor. Lower yourself to the floor and assume a sitting position with her head in your lap.

4. Stay with her, remain calm, and call for assistance.

**Activity H CHOOSE THE RIGHT ANSWER**

1. X

2. X

3. X

4.

5.

6. X

7. X

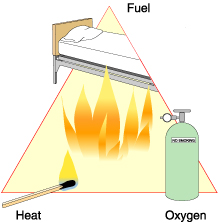
**Activity I FILL IN THE BLANKS**

1. grounded

2. power strip

3. frayed, loose

4. water

**Activity J NAME AND LIST****

Fuel: Cloth, paper, building materials, cooking oil/grease, flammable substances

Heat: Electrical sparks, lighted smoking material, lighted candles

Oxygen: Normal air, oxygen therapy

**Activity K MATCHING**

1. c

2. a

3. b

**Activity L INDICATE YES OR NO**

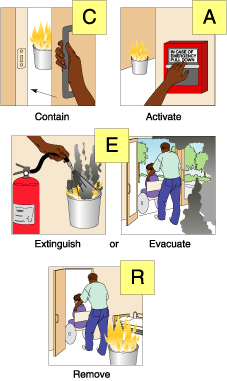
1. Yes

2. No. Attempting to put a grease fire out with water will cause the fire to flare. Instead, smother the fire by sprinkling powder (such as baking soda) on it or by using a fire extinguisher made for a Type B fire.

3. No. Attempting to put an electrical fire out with water can result in shock or electrocution.

**Activity M SHORT ANSWER**

Because oxygen therapy increases the concentration of oxygen in the area, which means that a fire will be more likely to start and will burn much faster if it does start.

**Activity N FILL IN THE LABELS AND ORDER IN SEQUENCE****[[COMP:** Note: this figure will be replaced with Answer Key Unfig 13.4.**]]**  
Rescue/Remove, Alarm, Contain, Extinguish, or Evacuate

**Activity O LIST THE CORRECT ORDER**4 A Spray the contents at the base of the fire using a sweeping motion.

3 B Squeeze the handle.

2 C Aim the hose toward the base of the fire.

1 D Pull the safety pin out.

**Activity P SHORT ANSWER**

1. The five reasons a health care facility might have to enact disaster preparedness plan are:

a. Acts of nature (tornadoes, earthquakes, hurricanes, floods, blizzards, ice storms)

b. Explosions

c. Accidents

d. Acts of terrorism

e. Acts of war

2. A disaster preparedness plan for a hospital may focus on preparing staff to handle the simultaneous admission and treatment of multiple people with injuries. In a long-term care facility, the focus of the disaster plan may be more on how to provide safe care for the residents in the event of a power failure or the need to evacuate to a safer place.

**Activity Q SHORT ANSWER**

1. Sources of workplace violence can be external parties, such as robbers or muggers in the parking lot, domestic violence incidents, or they can be internal parties, such as coworkers, patients and residents, and their family members or other visitors.

2. *This answer will vary according to the individual student and recent situations.*

**Activity R CROSSWORD**

ACROSS

1. Grounded

2. Alignment

3. Disaster

DOWN

4. Balance

5. Ergonomics