



### **Module 1: Best Practices for Safe Patient Handling**

1. What is the safest way to manually lift a patient?
2. The total weight lifted during an 8-hour shift for the average caregiver is?
3. Lifting equipment can reduce manual lifting injuries by what percentage?
4. Which patients require a stand assist and which require a total lift?

### **Module 2: Seven Principles of Safe Patient Lifting**

1. In which kind of transfers should lifts be used?
2. Should the base be kept opened or closed during lifting?
3. Should the patient be facing towards the lift or away from it?
4. TRUE or FALSE? Weight limits are the same for all lifts.

### **Module 3: Maintenance Safety Checks**

1. When should you do a maintenance check on the lift?
2. What are you looking for when you check the sling?
3. How many bars of battery do you need for one complete lifting cycle?
4. How much time does the lift need to charge?

### **Module 4: Sling Selection and Type**

1. Name a few of the sling varieties.
2. Which sling should you use with a stand assist lift?
3. What is the benefit of a u-shaped (universal) sling?
4. Which sling might you wish to use for toileting?

### **Module 5: Patient Lifting Techniques**

1. Where can you find the weight capacity of a lift and sling?
2. TRUE OR FALSE? You must use the same color sling loops on both sides of the cradle for balance.
3. What do you do if the sling wash tag is too worn to read the weight capacity?
4. What is the red button on the lift for?



### Module 1: Best Practices for Safe Patient Handling

1. What is the safest way to manually lift a patient?  
A: **None**
2. The total weight lifted during an 8-hour shift for the average caregiver is?  
A: **1.8 tons**
3. Lifting equipment can reduce manual lifting injuries by what percentage?  
A: **95%**
4. Which patients require a stand assist and which require a total lift?  
A: **Partially weight-bearing; non weight-bearing**

### Module 2: Seven Principles of Safe Patient Lifting

1. In which kind of transfers should lifts be used?  
A: **From a Chair/commode/wheelchair to a bed, and vice versa**
2. Should the base be kept opened or closed during lifting?  
A: **Open**
3. Should the patient be facing towards the lift or away from it?  
A: **Towards the lift**
4. TRUE or FALSE? Weight limits are the same for all lifts.  
A: **False**

### Module 3: Maintenance Safety Checks

1. When should you do a maintenance check on the lift?  
A: **Before each lift performed**
2. What are you looking for when you check the sling?  
A: **Rips, fraying, holes, loose loops, signs of wear**
3. How many bars of battery do you need for one complete lifting cycle?  
A: **One bar, then charge immediately**
4. How much time does the lift need to charge?  
A: **3 or 4 hours**

### Module 4: Sling Selection and Type

1. Name a few of the sling varieties.  
A: **Full body, u-shaped (universal), padded toileting, disposable, and stand assist**
2. Which sling should you use with a stand assist lift?  
A: **Stand assist sling**
3. What is the benefit of a u-shaped (universal) sling?  
A: **General use, easy to place/remove, secure, head support optional**
4. Which sling might you wish to use for toileting?  
A: **Could use mesh sling w/ commode opening, padded toileting, or disposable u-shaped**

### Module 5: Patient Lifting Techniques

1. Where can you find the weight capacity of a lift and sling?  
A: **On the lift's mast and on the wash tag of the sling**
2. TRUE OR FALSE? You must use the same color sling loops on both sides of the cradle for balance.  
A: **True**
3. What do you do if the sling wash tag is too worn to read the weight capacity?  
A: **Find another sling and alert supervisor to throw out**
4. What is the red button on the lift for?  
A: **To turn the lift on and off**