MATCHING

Match each term with the correct definition.

1. A left side-lying position in which the upper leg is sharply flexed so that it is not on the lower leg and the lower arm is behind the person
2. Lying on the abdomen with the head turned to one side
3. A semi-sitting position; the head of the bed is raised between 45 and 60 degrees
4. Using the body in an efficient and careful way
5. The way the head, trunk, arms, and legs are aligned with one another; posture
6. The area on which an object rests

COMPLETION

1. For good body mechanics, you need to:
   a. Keep your body in good alignment with a _____________________ base of support.
   b. Keep objects __________________________ to your body when you lift, move, or carry them.
   c. _________________ your work area. This prevents unnecessary __________________.
   d. _________________ , _________________, or __________________ heavy objects whenever you can rather than lifting them.
   e. Bend your ______________________ and ________________________ to lift heavy objects from the floor.

2. The goal of ergonomics is to ________________________________.

3. Early signs and symptoms of work-related musculoskeletal disorders include:
   a. ______________________________________________________________
   b. ______________________________________________________________
   c. ______________________________________________________________
4. Contractures can develop from staying in one position too long. 
____________________________________, ____________________________, and 
____________________________________ help prevent contractures.