Chapter 5

Principles of Lifting, Moving, and Positioning of Patients

1. In which type of drag is the patient positioned underneath the rescuer?
p. 98

A.) Strap
B.) Shoulder
*C.) Firefighter
D.) Blanket

2. Which of the following is NOT correct when preparing to use a standard move?
p. 98

A.) Choose an appropriate number of rescuers for the type of move
*B.) Always move a patient with numbness and weakness
C.) Consider splinting suspected fractures
D.) Complete a primary assessment

3. How many handles are usually on each side of a flexible stretcher?
p. 105

A.) One
B.) Two
C.) Four
*D.) Three

4. Which is a method used to walk to safety with a patient securely placed over one shoulder?
p. 98

A.) Extremity carry
B.) Ground carry
C.) Blanket carry
*D.) Firefighter's carry

5. Who do you want present if possible when you must restrain a patient?
p. 110

A.) Company officer
*B.) Law enforcement
C.) Fire department
D.) Medical director

6. At what degree angle should the stretcher be placed in relation to the bed when performing a direct carry?
p. 100

A.) 120
*B.) 90
C.) 60
D.) 45

7. Where is the first place the rescuer should place his arm when performing the direct carry?
p. 100

A.) Under the back
B.) Under the calves
*C.) Under the neck
D.) Under the hip

8. Which rescuer should be in command of movement when performing the direct ground lift?
p. 99

A.) At the feet
B.) At the legs
*C.) At the head
D.) At the midsection

9. With which of the following is the undercarriage designed to collapse and fold up as the stretcher is pushed into the ambulance?
p. 104

A.) Basket stretcher
B.) Dual-operator stretcher
*C.) Single-operator stretcher
D.) Portable stretcher

10. Which is the most serious complication associated with improperly restraining an uncooperative patient?
p. 111

A.) Patient injury
B.) Stroke
C.) Emotional damage
*D.) Positional asphyxia

11. Which type of stretcher is also known as a folding or flat stretcher and makes moving patients out of tight spaces easier?
p. 104-105

A.) Flexible
B.) Stair chair
*C.) Portable
D.) Basket

12. In what position should the patient with no suspected spine injury be placed to help maintain an open and clear airway?
p. 106

A.) Right side
B.) Supine
*C.) Left side
D.) Prone

13. Which lift is ideal for moving a patient from the ground to a chair?
p. 99

A.) Draw sheet
*B.) Extremity
C.) Direct ground
D.) Direct

14. Where does the third rescuer kneel when performing a log roll?
p. 108

A.) Feet
B.) Head
*C.) Hips
D.) Legs

15. Where should your helper grasp the patient once she is in a semi-sitting position when performing an extremity lift?
p. 100

A.) Around the waist
*B.) Behind the knees
C.) Under the armpits
D.) At the ankles

16. In which position is the patient placed fully upright in a seated position?
p. 108

A.) Trendelenburg
*B.) Fowler's
C.) Semi-Fowler's
D.) Shock

17. What is one of the greatest dangers in moving a patient quickly?
p. 96

A.) Causing intensified bleeding
B.) Breaking bones in the extremities
C.) Obstructing the airway
*D.) Making a spinal injury worse

18. How many people is it recommended be used when performing the direct ground lift?
p. 99

A.) Four
B.) Five
C.) Two
*D.) Three

19. In which position is the foot end of the stretcher raised 12-18 inches (30 cm - 46 cm)?
p. 108

A.) Fowler's
B.) Shock
*C.) Trendelenburg
D.) Semi-Fowler's

20. What should you encourage an ambulatory patient to do while waiting for more advanced personnel?
p. 95

*A.) Remain at rest
B.) Do not let them speak
C.) Move to another location
D.) Keep them moving

21. Which statement about lifting is NOT correct?
p. 95

A.) Bend at your knees
*B.) Bend at the waist
C.) Lift with your legs
D.) Keep your back straight

22. If only one rescuer is present, where should he grasp the patient when performing a log roll?
p. 108

A.) Shoulder and elbow
B.) Shoulder and ankles
*C.) Shoulder and hips
D.) Shoulder and knees

23. Which rescuer should signal and give directions during a log roll?
p. 109

*A.) At the head
B.) At the knees
C.) At the shoulders
D.) At the waist

24. In which situation must you move a patient to gain access to other patients who need lifesaving care most often?
p. 95

A.) Terrorist events
*B.) Motor-vehicle crashes
C.) Structural collapse
D.) House fires

25. What is used to transport the patient from the scene of the emergency to the ambulance and from the ambulance to a hospital bed?
p. 102

A.) Litter
B.) Slide bag
*C.) Wheeled stretcher
D.) Wheelchair

26. What is the ideal minimum number of additional rescuers you want assisting when you must restrain a patient?
p. 111

A.) Six
B.) Three
C.) Five
*D.) Four

27. Which type of stretcher is commonly used for picking up and moving patients with hip injuries?
p. 105

A.) Spine board
B.) Basket
C.) Portable
*D.) Scoop

28. To what height should the stretcher be set when performing the draw sheet method?
p. 101

A.) Just above the bed
B.) It is a personal preference
*C.) Level with the bed
D.) Just below the bed

29. Where should the patient's arms be placed when performing the direct ground lift?
p. 99

A.) Above the head
B.) At the sides
*C.) Chest
D.) Waist

30. Which is preferred when the situation is NOT urgent?
p. 96

A.) Passive move
B.) Emergency move
*C.) Standard move
D.) Unassisted move

31. What is the most common method for transferring a supine patient onto a long backboard where a neck or back injury is suspected?
p. 108

A.) Direct carry
B.) Blanket roll
*C.) Log roll
D.) Spine roll

32. Which restraint will rarely be used in medical situations?
p. 110

A.) Cravats
B.) Leather cuffs
*C.) Plastic zip-ties
D.) Rolls of gauze

33. Which statement is correct regarding the second step taken when placing the patient in the recovery position?
p. 107

A.) Cross the right arm over his abdomen, placing his right hand over his left hip
B.) Cross the left arm over his abdomen, placing his left hand over his right hip
*C.) Cross the right arm over his chest, placing his right hand next to his left cheek
D.) Cross the left arm over his chest, placing his left hand over his right cheek

34. Which statement is correct?
p. 95

A.) Bend at the knees and waist when lifting an object with one hand
*B.) When lifting an object with one hand, avoid leaning to one side
C.) Use a wheeled stretcher whenever possible when carrying a patient on stairways
D.) Keep the weight as far from your body as possible to maximize lift

35. What statement about lifting a patient is NOT correct?
p. 93

A.) Estimate the weight of the patient or object and then, if needed, request additional help
*B.) Whenever possible lift with a partner whose weight and strength are similar to yours
C.) To ensure good communications, make sure you and your partner make eye contact before initiating the lift
D.) Clearly communicate with your partner and the patient when you are ready to lift

36. Where are drags initiated from most often?
p. 96

A.) Knees
*B.) Shoulders
C.) Waist
D.) Feet

37. Which of the following is used to immobilize and remove patients found in a seated position in a vehicle?
p. 106

A.) Pedi-board
B.) Full-body immobilization device
C.) Long spine board
*D.) Vest-type extrication device

38. Where should you kneel when placing the patient in the recovery position?
p. 107

A.) On the right side
B.) Above the head
*C.) On the left side
D.) Below the feet

39. What is the use of your body to facilitate lifting and moving to minimize injury?
p. 93

A.) Adaptation
*B.) Body mechanics
C.) Physiology
D.) Kinesthetics

40. Which part of the patient is bent in the shock position?
p. 108

A.) He is not bent
*B.) Hips
C.) Neck
D.) Knees

41. Which two points should be used to roll the patient into a recovery position?
p. 108

A.) Shoulder and head
B.) Waist and knee
*C.) Shoulder and knee
D.) Waist and feet

42. Where should you pad a child when securing him to a pedi-board?
p. 106

*A.) >From the shoulders to the heels
B.) >From the chest to the waist
C.) Under the small of his back
D.) Under his knees