

Employee (ACW) Name	Member Name	Score <small>(minimum 80%)</small>

Instructions: Review the Lifting and Moving Patients training pamphlet. Discuss with your employer (Member or their Representative) and ask questions as necessary to ensure you fully understand the information presented. Complete the training quiz below and return it with the enrollment materials.

1. When lifting, you should flatten the curve of your back. T F
2. To protect your back while lifting, use your leg and abdominal muscles. T F
3. When moving patients, keep them close to your body. T F
4. Ask for help from co-workers only with obese patients. T F
5. Assistive devices are used only in emergencies. T F
6. A short walk before work is a good warm-up. T F
7. Stretching should be done only before starting work. T F
8. Taking regular breaks helps relieve stiffness and reduce stress. T F
9. ACE stands for Assess, Coordinate, & Execute. T F
10. Using safe lifting techniques is important only at work. T F
11. Long-term wear and tear has a serious effect on back health. T F
12. Aerobic exercise can help improve fitness. T F

ACW Signature

Date

Member/Representative Signature

Date

