

Why are there so many questions on body mechanics? Why is this subject so essential to nursing? What is body mechanics and can you define it? Do you know the principles of body mechanics and can you give examples of each?

Sample question:

You and another student are assigned to a 76 y/o immobile male, ht = 73 inches; wgt = 240 lbs. In preparation to giving morning care to this gentleman, your partner raises the bed to waist level to keep the body close to the work area. When you observe this, you are pleased that your partner understands which principle of body mechanics?

- a. The wider the base of support, the greater the stability.
- b. Objects that are close to the center of gravity are moved with the least effort.
- c. Pulling creates less friction than pushing.
- d. Balance is maintained with minimal effort when the base of support is enlarged in the direction in which the movement will occur.