**H&S: Supporting People to Move  
Online Questions**

**Assessment Matrix:** 5-MC | 5-T/F | 5-FTG

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **M/C** | **T/F** | **FTG** | **Total** |
| Understand the principles of manual handling and the importance of risk assessment – 10% | 4 | 5 | 3 | 12 |
| Recognise how dignity and independence should be maintained – 5% | 1 | 2 | 2 | 5 |
| Identify different types of manual handling equipment and when each one is required – 15% | 3 | 4 | 1 | 8 |
| Safely supporting a person to move – 70% | 8 | 7 | 8 | 23 |
| TOTAL | 16 | 18 | 14 | 48 |

**Understand the principles of manual handling and the importance of risk assessment – 10%**

Multiple Choice

Someone who is “able to assist”:  
cannot understand what the staff member is saying  
will be cooperative with the move  
is unable to physically carry out the task  
all of the other answers

A bariatric or plus size person is someone who:  
weighs 120 kgs or more  
has a Body Mass Index of 35 or greater  
has a seated hip width greater than 51cm or 20 inches  
all of the other answers

Before commencing a move, make sure:  
the equipment is in working order  
the person’s mobility status has been assessed and documented  
you are familiar with your organisation’s policies and procedures  
all of the other answers

A person’s mobility care/support plan should be checked:  
before commencing the move  
after the move has been completed  
during the move, by the second staff member  
the care/support plan does not need to be checked

True/False

When supporting the person to move, the aim is to maximise the person’s ability to assist wherever possible. TRUE

Common types of manual handling we might use when moving a person include lowering, pushing and holding. TRUE

The bear hug or pivot transfer is recommended as a low risk manual handling move. FALSE

A top and tail lift should be used when moving a person from the bed to the chair. FALSE

Staff should avoid using the hook-under the-arm transfer, as this is a high-risk manual handling move. TRUE

Fill the Gap

A focus on minimising risk means %% manual lifting of the whole person in all but life-threatening circumstances.  
eliminating encouraging supporting

The cradle or orthodox lift is a %% manual handling move.  
high-risk low-risk safe

The risk assessment tool TILEO stands for %% , Individual, Load, Environment and Other Factors.  
Task Time Tool

**Recognise how dignity and independence should be maintained – 5%**

Multiple Choice

If a person can assist with the move:  
encourage them to do so  
discourage them from doing so  
ask them not to assist, so that you can complete the move quickly  
  
True/False

Treating a person with dignity means treating that person the way you would like to be treated. TRUE

Promoting a person’s independence is unnecessary during a move. FALSE

Fill the Gap

Maintaining a person’s dignity during a move can include %% the door.  
closing opening

When supporting the person to move, remember that you are doing the move %% the person.  
with for to   
  
**Identify different types of manual handling equipment and when each one is required – 15%**

Multiple Choice

According to the video, the slide sheet needs to be large enough to go under the person from their:  
shoulders to their hips  
head to their feet  
waist to their knees  
buttocks to their feet

The stand-up hoist should be used for a person who is:  
weight-bearing and steady on their feet once standing  
weight-bearing and unsteady on their feet once standing  
cooperative, but unable to hold on to the lifter handles  
unable to weight bear

A full sling hoist can be used to assist a person to move from a bed to a:  
wheelchair  
shower chair  
bed bath  
all of the other answers

True/False

A person wearing a transfer belt should be weight-bearing and require minimal assistance. TRUE

The full sling hoist with head support can be used when a person has fallen and cannot assist themselves into a standing position. TRUE

There is one sling size for all people, no matter their size. TRUE

Fill the Gap

The transfer belt is designed to %% a person.  
lift guide carry

**Safely supporting a person to move – 70%**

Multiple Choice

When assisting a person to walk without equipment, stand next to the person with your closest hand:  
underneath the person’s elbow or on their lower back  
holding the person’s hand  
stretched around the person in a side hug  
at your side

If a person has fallen and they are injured:  
you should move them quickly to prevent further injury  
you must not move them, but seek medical assistance  
you should ask the person to move themself  
none of the other answers

When using a stand-up hoist, the person’s knees:  
must make contact with the knee pad  
must not make contact with the knee pad  
none of the other answers

According to the video, when using the stand-up hoist, the person’s hands:  
should be on the lifter handles, over and outside the sling  
should be on the lift handles, under and inside the sling  
should not make contact with the lifter handles  
should be placed on their chest

When using a full sling hoist, the pelvic opening of the sling should be horizontally:  
level with the middle of the person’s buttocks  
level with the person’s knees  
positioned at the person’s mid-thigh  
positioned at the person’s waist

When using the full sling hoist to assist a person to move off the floor, bring the hoist over to the person and approach from:   
the feet, where possible  
the side, if that makes for a better sling position  
it depends on the hoist and the size of the person  
all of the other answers

When using the full sling hoist, if the person in the sling is uncomfortable, you should:  
lower the sling back down and reposition it before moving on  
complete the move quickly   
reposition the person while they are being moved  
all of the other answers

AUS ONLY When using the transfer belt, each staff member should:  
grip the two handles closest to them  
grip one handle each  
keep their hands by their sides  
hook their arms under the person’s arms

UK ONLY When using the transfer belt, each staff member should:  
grip the two handles closest to them  
grip one handle each  
keep their hands by their sides  
hook their arms under the person’s arms

True/False

Before commencing a move, always check that the area where you will be walking is flat, the ground is even and clear of trip hazards. TRUE

If using two staff members, always adjust the bed to the best height for the tallest person. FALSE

If you are assisting a person to roll using a person’s body mechanics, and you are doing the move alone, you should stand on the side of the bed that the person is rolling towards. TRUE

If a person has fallen, make sure that they have been appropriately assessed and free from injury before commencing the move. TRUE

To achieve a more seated position with the full sling hoist, the shoulder straps can be used on the shorter loops and the leg straps can be used on the longer loops. TRUE

When assisting a person to move from a bed to a trolley, using a transfer board, the slide sheets should be positioned under the transfer board. FALSE

Slide sheets should be dug underneath the person. FALSE

Fill the Gap

When assisting a person to walk without equipment, make sure the person is wearing appropriate %% .  
footwear trousers outerwear

When using two staff members, always adjust the bed to the %% height of the shortest person.  
hip knee waist

When assisting a person to stand up and move from a bed to chair, using a walking frame, make sure the bed is raised to a safe %% height for the person.  
standing sitting lying

When assisting a person to move up an air chair, make sure the chair is as %% as possible.  
flat upright high

The back rest on the lifting cushion should initially be inflated to %% degrees.  
30 60 90

According to the video, once the lower compartments of the lifting cushion have been fully inflated, press button %% again to fully inflate the back rest.  
1 2 3

When guiding a person to sit down, you should assist them to turn until they are in a position where they can feel the seat against the %% of their legs.   
back front side

AUS ONLY The optimum number of staff required to assist a person to move from a bed to a trolley, using a transfer board, is %% .  
1-2 2-3 3-4

UK ONLY The optimum number of staff required to assist a person to move from a bed to a trolley, using a transfer board, is %% .  
2 3 4