

Unit Four - Safe and Sound

Review Questions - Safety and Wellness

Select six of the following questions and answer on a separate page. *Answer thoroughly and with detail.*

1. Define body mechanics and list four reasons why it is important to use good body mechanics.
2. You are using an electrical microhematocrit centrifuge to spin blood. You see smoke coming from the back of the machine. What should you do?
3. Identify three things that must be done before performing any procedure on a patient.
4. List four rules that must be followed while oxygen is in use.
5. What does the acronym RACE stand for?
6. What should an employee do if he or she notices unsafe procedures or situations in the health care facility?
7. Discuss six types of information that you would find on a Materials Safety Data Sheet.
8. Differentiate between antisepsis, disinfection, and sterilization.
9. List eight times the hands must be washed.
10. List the three types of transmission-based isolation precautions and the basic principles that must be followed for each type

Unit Four - Safe and Sound

Review Questions - Safety and Wellness - KEY

Select six of the following questions and answer on a separate page. *Answer thoroughly and with detail.*

1. Define body mechanics and list four reasons why it is important to use good body mechanics.
Body Mechanics are positions and movements used to maintain proper posture and avoid muscle and bone injuries.
Four reasons it is important to use good body mechanics:
 1. To avoid muscle and bone injures.
 2. The body performs better when it is in proper alignment.
 3. Preserve the natural curves of the back.
 4. To prevent back injuries.

2. You are using an electrical microhematocrit centrifuge to spin blood. You see smoke coming from the back of the machine. What should you do?
Unplug the centrifuge. If it continues to smoke, locate a fire extinguisher and call the local fire department.

3. Identify three things that must be done before performing any procedure on a patient.
 1. Make sure you have the proper authorization to perform any procedure on a patient.
 2. Use correct and approved methods while performing any procedure.
 3. Provide privacy for all patients. Ask for permission to enter.
 4. Always identify the patient.
 5. Always identify yourself.
 6. Explain the procedure so the patient knows what you are going to do – informed consent.
 7. Answer any questions.
 8. Be alert to the patient's condition at all times.
 9. Observe all safety checkpoints before leaving.

4. List four rules that must be followed while oxygen is in use.
 1. Post a "No Smoking-Oxygen in Use" sign.
 2. Remove all smoking materials, candles, lighters, and matches from the room.
 3. Avoid the use of electrically operated equipment whenever possible.
 4. Do not use flammable liquids such as alcohol, nail polish, and oils.
 5. Avoid static electricity by using cotton blankets, sheets, and gowns.

5. What does the acronym RACE stand for?
R=Rescue

A=Alarm
C=Contain
E=Evacuate

6. What should an employee do if he or she notices unsafe procedures or situations in the health care facility?
Report any unsafe procedures or situations to a charge nurse or supervisor immediately.
7. Discuss six types of information that you would find on a Materials Safety Data Sheet.
 1. Manufacture's name and address.
 2. Chemical information and formula.
 3. Physical appearance and how to recognize it.
 4. Health hazards.
 5. Fire and explosion data.
 6. Reactivity level.
 7. Personal protective equipment required when handling the chemical.
 8. Leak/spill disposal procedures.
 9. Hazard rating for the chemical.
8. Differentiate between antiseptics, disinfection, and sterilization.
Antiseptics-solutions applied directly to the skin that prevent or inhibit the growth of pathogens.
Disinfection-using strong chemicals, such as bleach to destroy pathogens, usually on objects, not on skin.
Sterilization-Steam under pressure, gas, radiation, and chemicals can be used.
9. List eight times the hands must be washed.
 1. When you arrive at the facility and immediately before leaving the facility.
 2. Before and after every patient contact.
 3. Any time hands become contaminated during a procedure.
 4. Before and after any contact with your mouth or mucous membranes.
 5. Before applying and after removing gloves.
 6. Before and after handling specimens.
 7. After contact with soiled or contaminated items.
 8. After picking up any item off the floor.
 9. After personal use of the bathroom.
 10. After you cough, sneeze, or use a tissue.

10. List the three types of transmission-based isolation precautions and the basic principles that must be followed for each type
- Three types of transmission-based precautions:
 1. Airborne – used for diseases such as tuberculosis, measles & chicken pox, which are spread by airborne droplets.
 - Use standard precautions plus - - private room, door kept closed, filtered air, respiratory protection (mask), patient wears a surgical mask when outside the room.
 2. Droplet – used for diseases such as whooping cough, which is spread by a coughing, sneezing, laughing, or talking (pneumonia, meningitis).
 - Use standard precautions plus - - private room, respiratory protection (mask), patient wears a surgical mask when outside the room.
 3. Contact – used for skin and wound infections, which are transmitted by direct or indirect contact (Hepatitis A, conjunctivitis, impetigo, scabies).
 - Use standard precautions plus - - private room, gloves whenever in the room, gown, respiratory protection (mask), patient wears a surgical mask when outside the room.
 - Gloves and gown must be removed before leaving the room.
 - Room must receive daily cleaning and disinfecting as needed.