

Radiology LMRT Body Mechanics

- Q: What is the primary goal of proper body mechanics?
- Q: When lifting a patient or heavy object, what is the safest technique?
- Q: Why should heavy equipment be pushed or pulled rather than lifted?
- Q: Name two common injuries that can occur from poor body mechanics.
- Q: What should a technologist do when transferring a patient from a stretcher to the x-ray table?
- Q: What is the benefit of using a transfer or sliding board?
- Q: How should a patient who cannot assist in a transfer be handled?
- Q: How should an x-ray tube or C-arm be moved safely?
- Q: Why is it important to lock wheels on stretchers or mobile equipment before imaging?
- Q: What injuries can occur from reaching too far or twisting while holding a heavy object?
- Q: How should a technologist stand for long procedures to maintain good ergonomics?
- Q: How does adjusting table height improve safety and ergonomics?
- Q: When lifting objects, how should they be held?
- Q: What is the key rule when pushing or pulling equipment to prevent injury?
- Q: Why is team lifting recommended for heavy patients?