

## PERFORMANCE CHECKLIST

### Body Mechanics

Name \_\_\_\_\_

*To be completed by instructor during observation of 100%, unassisted mastery of procedure.*

*Date and sign below. Skill mastery must be demonstrated prior to direct patient contact.*

- \_\_\_ 1. Demonstrates broad base of support.
  - \_\_\_ a. Keeps feet 6"- 8" apart
  - \_\_\_ b. Puts one foot slightly forward
  - \_\_\_ c. Points toes in direction of movement.
- \_\_\_ 2. Picks up heavy object:
  - \_\_\_ a. Gets close to object
  - \_\_\_ b. Maintains broad base of support
  - \_\_\_ c. Bends from hips and knees.
- \_\_\_ 3. Carries heavy object:
  - \_\_\_ a. Keeps object close to the body
  - \_\_\_ b. Uses strongest muscles
- \_\_\_ 4. Changes direction:
  - \_\_\_ a. Maintains broad base of support
  - \_\_\_ b. Turns with feet and entire body
- \_\_\_ 5. Places heavy object:
  - \_\_\_ a. Keeps close to body
  - \_\_\_ b. Maintains broad base of support
  - \_\_\_ c. Bends from the hips and knees
  - \_\_\_ d. Keeps back straight
  - \_\_\_ e. Uses strongest muscles
- \_\_\_ 6. Pushes heavy object:
  - \_\_\_ a. Gets close to object
  - \_\_\_ b. Maintains broad base of support
  - \_\_\_ c. Uses weight of body
  - \_\_\_ d. Keeps back straight

Pass \_\_\_\_\_ Instructor's Signature \_\_\_\_\_ Date \_\_\_\_\_

***The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, or allow the individual to study the skill after selection or before demonstration when the individual was being tested for competency. Revised 2005***