

■ Patient Handling Trainer — Knowledge

Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | trainerresources.com

Instructions: Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **Patient Handling Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What legislation covers patient handling?

- A) Manual Handling Operations Regulations 1992 and Health and Safety at Work Act 1974
- B) Only the Care Standards Act
- C) Only RIDDOR
- D) Only the Equality Act 2010

Q2. What does TILE stand for in patient handling?

- A) Task, Individual, Load, Environment
- B) Training, Instruction, Lifting, Equipment
- C) Task, Injury, Load, Evaluation
- D) Training, Individual, Load, Environment

Q3. What is a patient handling risk assessment?

- A) A general risk assessment
- B) An assessment specific to each patient's handling needs, considering their condition, abilities and environment
- C) A moving and handling policy
- D) A care plan

Q4. What is a slide sheet used for?

- A) Lifting patients
- B) Reducing friction to assist repositioning of patients in bed
- C) Transferring patients between beds
- D) Preventing pressure sores

Q5. What is a hoist used for?

- A) Lifting heavy objects
- B) Transferring patients who cannot weight-bear or need full support
- C) Repositioning in bed
- D) Assisting with walking

Q6. What is a standing aid?

- A) A zimmer frame
- B) Equipment that assists a patient to stand and transfer, requiring some weight-bearing ability
- C) A walking stick
- D) A wheelchair

Q7. What should be considered in a patient handling assessment?

- A) Only the patient's weight

- B) Patient's condition, cognitive ability, cooperation, pain, environment, equipment available, staff numbers
- C) Only the equipment available
- D) Only the number of staff

Q8. What is the correct way to assist a patient to stand?

- A) Pull them up by their arms
- B) Encourage active participation, use handling belt if needed, stand to the side, count and assist
- C) Lift them under the arms
- D) Use a hoist always

Q9. What is a handling belt?

- A) A restraint device
- B) A belt worn by the patient to provide a safe grip point for carers during transfers
- C) A safety harness for carers
- D) A lifting device

Q10. What is the purpose of a patient handling policy?

- A) To restrict patient movement
- B) To provide a framework for safe patient handling, protecting both patients and staff
- C) A legal requirement only
- D) To reduce costs

Q11. What is a bariatric patient?

- A) A very tall patient
- B) A patient with obesity, typically requiring specialist equipment and additional staff
- C) A patient with dementia
- D) An elderly patient

Q12. What is the 'no lifting policy'?

- A) A policy banning all lifting
- B) A policy promoting risk assessment and use of equipment to avoid manual lifting of patients
- C) A policy for heavy loads only
- D) An outdated policy

Q13. What is a transfer board?

- A) A communication board
- B) A rigid board used to bridge the gap between two surfaces for lateral transfers
- C) A bed board
- D) A writing board

Q14. What is the importance of communication during patient handling?

- A) It is not important
- B) Explaining what you are doing, gaining consent, giving clear instructions, and coordinating with colleagues
- C) Only important for confused patients
- D) Only important for team lifts

Q15. What should you do if a patient falls?

- A) Pick them up immediately
 - B) Do not attempt to lift — assess for injury, call for help, follow the fallen patient protocol
 - C) Call 999 immediately
 - D) Leave them and get help
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Answer Key

Q1: A Q2: A Q3: B Q4: B Q5: B Q6: B Q7: B Q8: B Q9: B Q10: B Q11: B Q12: B Q13: B Q14: B Q15: B

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