



ALLEGHENY VALLEY SCHOOL / NORTHWESTERN HUMAN SERVICES
LIFTING TECHNIQUES / BASICS OF BODY MECHANICS
TRAINING MODULE TEST

Instructions: Answer the following questions, complete the certification statement, sign and fill in your contract information. Return the completed form using information below.

1. A minimum of how many people are required of all lifts at AVS/NHS?
2. When lifting a client, what are two examples of poor body mechanics?
3. When lifting a client, what are two examples of good body mechanics?

I, _____ (print your name) have read this module on
_____ (date) and fully understand the document. I will receive one credit hour for
reading this training module.

Your Signature	Date
Email	Phone#

Return Completed Form to:

rdailey@kfamilyolutions.org
Or Fax: 610-527-8672

Questions Call:

877-384-1729
(ask for Training Services Coordinator)