



# IN THE KNOW

*Developing Top-Notch CNAs, One Inservice at a Time*

EMPLOYEE NAME  
(Please print):

DATE: \_\_\_\_\_

- *I understand the information presented in this inservice.*
- *I have completed this inservice and answered at least eight of the test questions correctly.*

EMPLOYEE SIGNATURE: \_\_\_\_\_

SUPERVISOR SIGNATURE: \_\_\_\_\_

Inservice Credit:	
<input type="checkbox"/> Self Study	1 hour
<input type="checkbox"/> Group Study	1 hour

**File completed test  
in employee's  
personnel file.**

## A Risk Management Module: Preventing Employee Falls in the Healthcare Workplace

*Are you "In the Know" about Preventing Falls in the Workplace? Circle the best choice or fill in your answer. Then check your answers with your supervisor!*

1. **Compared to other industries, employee falls in the healthcare field are:**

A. Much more likely.	C. About the same.
B. Much less likely.	D. Not really a problem.
2. **Which of the following is a common fall hazard in healthcare?**

A. Spills.	C. Stairs.
B. Clutter.	D. All of these.
3. **You work the night shift and often have to check on clients while they sleep. How can you keep yourself safe from falls in dark rooms?**

A. Wear night vision goggles.	B. Make clients sleep with a light on.
C. Install nightlights and carry a flashlight.	D. Avoid checking on clients while they sleep.
4. **The "perfect storm" of fall risk factors in healthcare employees is the increasing age of many workers combined with:**

A. Sedentary lifestyles.	C. Obesity.
B. Drug addition.	D. Smoking.
5. **True or False**  
A freshly mopped floor is safe to walk on as long as you are wearing non-slip, rubber-soled shoes.
6. **True or False**  
There are no laws in place to protect healthcare workers from fatigue.
7. **True or False**  
If a client begins to fall during a transfer, you should catch her and stop the fall.
8. **True or False**  
People who do Tai Chi exercises have stronger knee and ankle muscles, and better balance.
9. **True or False**  
It's best to take big steps and walk quickly across snowy or icy walkways.
10. **True or False**  
If you fall at work, it's best to just keep it a secret so you don't lose your job.