



IN KNOW

Developing Top-Notch CNAs, One Inservice at a Time

A Safety Module: Taking Care of Your Back

Fill in each blank and then check your answers with your supervisor.

1. More than _____ % of adults have at least one episode of low back pain during their lives.
2. Smoking increases the risk of _____ degeneration and reduces the flow of _____ to the spine.
3. Back problems can cause people to lose control of their bowels and _____.
4. Poor _____ is one of the main causes of back problems.
5. Pain running from the buttocks down the back of the leg is known as _____.
6. When lifting something heavy, it's best to lift with your _____, not with your back.

Select either TRUE or FALSE and then check your answers with your supervisor.

7. TRUE or FALSE

If someone has severe back pain, it's probably caused by a serious medical condition.

8. TRUE or FALSE

A week or two of bed rest is the best remedy for most back problems.

9. TRUE or FALSE

If you stand with your chest out and your shoulders back, you'll have correct posture.

10. TRUE or FALSE

Strengthening your abdominal muscles is one of the best things you can do to have a healthy back.

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.**