CHAPTER 14 CHECKPOINT QUESTIONS

1. Why is it important for all health care professionals, not just those who perform

strenuous activities, to practice good body mechanics?

2. What are two benefits of proper body mechanics?

3. What are two common repetitive motion injuries resulting from poor body

mechanics?

4. How can exercise improve body mechanics?

5. How does good posture relate to good body mechanics?

6. How does widening your base of support improve body mechanics?