

Safety Orientation Package and Body Mechanics Intro

Lesson Topic: **Safety Orientation Package and Body Mechanics Intro**

Class duration: 75 minutes

Lessons for this unit are in the following order:

1. Safety Orientation Package
2. Body Mechanics
3. Ambulation Aids

Time	Activity
25-30 min	1. Safety Orientation Package <ul style="list-style-type: none">• Start with Health care safety orientation package attached• This should take 25-30 minutes to read together in class (or have students read together in a group) and then have the students individually take the quiz• The quiz can be marked or can be taken up in class
40-45 min	2. Body Mechanics <ul style="list-style-type: none">• See powerpoint attached• Give students an opportunity after discussing good posture to stand and assess their own posture and assess the posture of a partner