

QUICK QUIZ

Improper lifting technique can lead to back, leg and arm pain. Poor technique can cause both acute injury, and serious chronic effects. Learning the right way to lift will help you avoid these problems. Answer True or False to the questions below.

1. When you learn how to control and balance your own body, you can safely control and move another person. T F
2. Never lift more than you can comfortably handle. T F
3. When lifting, you can injure your back by *not focusing* on what you are doing. T F
4. Smoking cigarettes does not slow the flow of blood to the vertebrae and impair their function.
T F
5. When moving or lifting a person, never grab or pull the person's arm or leg. T F
6. Always tell the person what you are going to do even if the person seems to be unconscious or not understanding. T F
7. To reduce stress, find a support system and share your feelings with someone who wants to listen. T F
8. Your back muscles are your strongest muscles. T F
9. Carrying a too-heavy handbag can cause muscle soreness, nerve compression and back and shoulder pain. T F
10. Improper movements can cause injury to the person being moved, such as abrasions to skin, strains, sprains and tears—even fractures. T F

Name _____

Signature _____ Date _____

Answer Key: 1.T, 2.T, 3T, 4.F, 5.T, 6.T, 7.T, 8.F, 9.T, 10.T



Grandparents Corner April 2011

April 1-30 Sexual Assault Awareness and Prevention Month: When you empower your child to say “no” to unwanted touch and teach them that they can come to you with questions and concerns, you take critical steps to preventing child sexual abuse.

Parents are surrounded by messages about child sexual abuse. Talk shows and TV news warns parents about dangers at school, in the home and on the Internet. Despite all the media coverage, parents don't get much advice about how to talk to their children about sexual abuse and how to prevent it.

Talk to your children about sexuality and sexual abuse in appropriate terms.

- Talking openly and directly about sexuality. Teaches children that it is ok to talk to you when they have questions.
- Teach children the names of their body parts so that they have the language to ask questions and express concerns about those body parts.
- Teach children that some parts of their body are private. Let children know that other people should not be touching or looking at their private parts unless they need to provide care. If someone does need to touch them in those private areas, a parent or trusted caregiver should be there too.
- All children should be told that it's okay to say “no” to touches that make them uncomfortable or if someone is touching them in ways that make them uncomfortable and that they should tell a trusted adult as soon as possible.
- This can lead to some slightly embarrassing situations, such as a child who then says they don't want to give a relative a hug or kiss! Work with your child to find ways to greet people that don't involve uncomfortable kinds of touch
- Talk openly about sexuality and sexual abuse also teaches children that these things don't need to be “secret”. Abusers will sometimes tell a child that the abuse is a secret. Let your children know that if someone is touching them or talking to them in a way that make them uncomfortable that it shouldn't stay a secret.
- Make sure to tell them that they will not get into trouble if they tell you this kind of secret
- Don't try to put all this information into one big talk-should be routine conversation.

Be Involved in your child's life and Be Available

- Be interested in your child's activities
- Ask your child about the people that they go to school with or play with.
- If your child is involved in afterschool activities or daycare, ask them what they did during the day. Use the games to open up the conversation about sexuality and sexual abuse.
- Know the other adults that your child might talk to.