POSITIONING, TURNING & TRANSFERRING TABLE OF CONTENTS

Introduction

Lesson 1: The Basics of Movement Lesson 1: Review Questions

Lesson 2: Basic Principles of Body Mechanics Lesson 2: Review Questions

Lesson 3: Positioning
Lesson 3: Review Questions

Lesson 4: Guidelines for Turning Lesson 4: Review Questions

Lesson 5: Transfer Techniques Lesson 5: Review Questions

Answer Keys

Appendix