

# Healthcare Aide Practice Test Questions and Answers

## 1. What is the most important principle when providing personal care to patients?

- A) Speed of completion
- B) Maintaining patient dignity and privacy
- C) Cost efficiency
- D) Following personal preferences

## 2. When should a healthcare aide wash their hands?

- A) Only at the beginning of the shift
- B) Before and after each patient contact and when hands are visibly soiled
- C) Only when hands look dirty
- D) Once per hour

## 3. What should a healthcare aide do if they observe a change in a patient's condition?

- A) Wait until the end of shift to report
- B) Report immediately to the supervising nurse
- C) Document but don't report
- D) Ask the patient what they prefer

## 4. Which body mechanics principle helps prevent injury when lifting patients?

- A) Bend from the waist
- B) Use legs for lifting and keep back straight
- C) Twist while lifting
- D) Lift alone to maintain control

Answers: 1-B 2-B 3-B 4-B

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