

Ergonomics Quiz

1. TRUE/FALSE: Ergonomics means:
“Designing the job equipment to fit the worker, instead of forcing the worker to fit the job equipment”TRUE
2. What is/are the main risk factor(s) with ergonomic injuries?
 - a. Frequency
 - b. Lifting
 - c. Intensity
 - d. Duration of Exposure
 - e. A,C & D
3. How can you help yourself with Office Ergonomics?
 - a. Monitor should be 1 & ½ arms length away from you
 - b. Chair back support should be tilted forward
 - c. Wrist should be tilted downward while using your computer keyboard
 - d. Wrist should be level while using your computer keyboard
4. TRUE/FALSE...Early symptom recognition & reporting is important for treatment.....TRUE
5. What is one way to get involved with Ergonomics?
 - a. Evaluate your work area and daily tasks
 - b. Participate in training
 - c. Come up with improvements
 - d. All of the above